

Raspberry and Walnut Brownies

These are brownies with benefits. They are a healthier version without compromising on the taste. Coconut sugar is used as an alternative to the usual white refined sugar: it's has a lower GI which doesn't spike blood sugar as quickly so helps keeps energy levels stable.

Ingredients

3 eggs
100g good quality butter or coconut oil
100g 70% chocolate
100g ground almonds
150g brown rice or buckwheat flour
1 tsp vanilla extract
250g coconut sugar
150g raspberries
100g walnuts (chopped)



Method

- *Melt the coconut oil and chocolate: either in a bowl over a pan of hot water on the stove or in the microwave.
- *Add the coconut sugar and stir in.
- *Beat the eggs and combine them with the mixture, adding in the vanilla extract.
- *Add the almonds and brown rice flour mixing it well until it is all combined. Then add in the raspberries and walnuts, folding in carefully.
- *Pour into a 20cm by 20cm square baking tin which has been lined with baking parchment.
- *Bake in the oven at 170°C for approx. 30 mins or until the centre is cooked through (a cake tester should come out clean).

Recipe notes:

If dairy free use coconut oil instead of butter and dairy free chocolate.
Coconut sugar can be bought from most supermarkets or health foods shops.



Serves : 20
Prep: 10
Cook: 30



Nutrition per serving:
Cals: 214
Protein: 3g
Carbs: 27g
Fat: 12g