

FIONA TUCK

NUTRITION WELLNESS YOGA



Healthy Chocolate Brownies

These are deceptively healthy brownies that taste decadent, rich, chocolately piece of heaven. Nobody would ever guess they are jammed packed with healthy nutrient rich foods such as pumpkin and black beans.

Ingredients:

1&¼ cup of steamed pumpkin (equates to about 1/4 of a butternut pumpkin or you could substitute 1 large peeled cooked sweet potato)
200g can of black beans (rinsed and drained, can use kidney beans or chickpeas)
10 medjool dates, destoned and chopped
1 cup raw cacao powder (can use cocoa powder)
3 tablespoons macadamia oil (can use olive oil)
¾ cup of almond meal
1 cup sugar free almond milk (can use regular milk)
pinch of sea salt

Prep: 15 mins

Cook: 45 mins

Serves: 12

Directions:

1. Preheat your oven to 180C.
2. Peel the pumpkin, cut into small chunks and steam until soft. Leave to cool.
3. Place pumpkin, drained black beans, dates, flour, cacao powder, oil, milk, baking powder and salt to the blender.
4. Blend until smooth.
5. Stir through the chopped nuts until evenly blended.
6. Line a medium tin (7 inch) with a removable base with baking paper. The removable base is important as the mixture is very soft and will disintegrate if you try to remove it from the tin without the paper.
7. Pour the mixture into the lined tin and smooth out the top so that it is even.

8. Place in the oven for up to 45 minutes (or until a cake skewer comes out almost clean, the brownie will still be a bit wobbly when it is ready so do not worry that it is not cooked. It will firm as it cools).
 9. Remove from oven and leave to cool.
 10. Place in the fridge to firm it up and keep in the fridge until ready to serve. If you leave it out of the fridge for too long, it will soften. Cut into squares prior to serving, preferably in the tin.
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