



DIABETES UK CHOCOLATE BROWNIES

Inspired by the Diabetes UK brownie recipe. Get your chocolate fix while being mindful of your blood glucose!

 15 minutes

 30 minutes

 11.9 squares

INGREDIENTS

- 100 grams of chocolate, dark, 70-85% cacao solids
- 25 grams of margarine-like, vegetable oil spread, 60% fat, tub, with salt
- 250 grams of beetroot, boiled in unsalted water
- 1 level teaspoon of coffee, powder, instant [1 g]
- 2 medium units of egg, whole, raw, fresh [88 g]
- 1 tsp of vanilla extract [4 g]
- 2 tbsps of syrups, maple [40 g]
- 100 grams of almonds, flaked and ground
- 50 grams of flour, wheat, wholemeal
- 50 grams of cocoa powder
- 40 grams of sweetener, herbal extract powder from Stevia leaf
- 1 level teaspoon of baking powder [4 g]

COOKING METHOD

- 1° pre-heat the oven to 180 degrees or gas mark 4 Grease a brownie tray [20x20cm] and line with greaseproof paper.
- 2° Melt the chocolate in a bowl over a pan of simmering water. Make sure the cooked beetroot is dry, chop into chunks and add to a food processor.
- 3° Dissolve the instant coffee in a teaspoon of water.
- 4° Add the eggs, dissolved coffee, vanilla extract and maple syrup to the processor with the beetroot and process until a thick, smooth puree. Add the dry ingredients to the food processor and process all together.
- 5° Spoon this mixture into the prepared tin. Bake for 15 minutes in the oven.
- 6° The brownie mixture will be a little soft in the middle but the edges and top should be firm. Cool for 15 minutes then cut into 12 squares.

NUTRITIONAL INFORMATION

	PER 100 g	PER SQUARE [63 g]	% DRI
ENERGY	269 kcal	170 kcal	8 %
PROTEIN	8 g	5 g	10 %
CARBOHYDRATE	25 g	16 g	6 %
SUGARS	10 g	6 g	7 %
FAT	18 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	5 g	3 g	17 %
FIBER	2 g	1 g	5 %
SODIUM	135 mg	85 mg	4 %