

Low sugar dark chocolate spelt brownies

Takes 50 minutes, serves 10-12 and uses a 9" square baking tin and two mixing bowls

INGREDIENTS

125g flour
40g cocoa powder
60g walnuts, roughly chopped
2 large eggs
1 very ripe banana
160g greek yoghurt
120g groundnut oil
130ml milk (You can use soya, oat, goat, almond etc)
100g 70% cocoa dark chocolate
200g dates, pitted and roughly chopped

DIRECTIONS

Pre heat the oven to gas mark 4, 350°F, 177°C, 157°C.

Grease a square 9" baking tin, or you can use two standard loaf tins.

Sift the flour and cocoa powder into a mixing bowl, then add the chopped walnuts.

Melt the chocolate. You can do this by microwaving it in a plastic bowl, short bursts at a time, or in a 'bain marie', which is a glass bowl placed over a saucepan of boiling water - the water should not touch the bottom of the bowl.

In a separate bowl, whisk the eggs until they're a bit 'frothy'. Add the banana and continue whisking until it's mixed in with the egg. Add the yoghurt and whisk a bit more, add the oil and milk, whisking still, then finally pour in the melted chocolate, still whisking.

Add the liquids to the flour bowl and mix it through well, before stirring in the chopped dates.

Pour the mixture into your cake tin and bake for 30 minutes, or until a skewer comes out clean when inserted into the brownie.

Remove from the oven and leave for 10 minutes before turning out onto a wire rack to cool.

