

Beetroot, Walnut & Cacao Brownies (GF)

The ultimate guilt free treat. Simple wholesome ingredients create a sweet treat that can be enjoyed every day.

Ingredients

2 cups **Alison's Pantry Select Dates**, soaked in boiling water for 20 minutes then drained

1/4 cup melted coconut oil (could also use butter)

¼ cup yoghurt (could use coconut cream to make dairy free)

4 free range eggs

1 cup beetroot, finely grated, lightly squeezed of liquid

1 heaped teaspoon gluten free baking powder

1 teaspoon good quality vanilla extract

pinch sea salt

1 ½ cups **Alison's Pantry Ground Almonds**

1 cup all purpose GF flour (could also use a combination of buckwheat, brown rice and tapioca flour)

1/3 cup cacao powder or good quality dark cocoa

¾ cup **Alison's Pantry Walnuts**, roughly chopped



Method

Preheat oven to 160°C.

Grease or line a 30cm x 10cm dish.

Place dates, coconut oil, beetroot, baking powder, cacao powder, vanilla and yoghurt into a food processor. Blitz until smooth.

Add the eggs and pulse to combine. Add the remaining ingredients (except the walnuts) and process until just combined. Do not over mix.

Add the walnuts and pulse just a few times to combine.

Pour batter into dish. Use a spatula to scrape all batter from food processor. The back of a spoon can be used to smooth the top.

Bake for approximately 30 – 40 minutes until a skewer comes out clean when inserted.

Leave to cool for 30 minutes before cutting.

Will keep for up to four days in an airtight container in the fridge. Will freeze well for up to 1 month.