

beetroot fudge brownies

Serves - 5

I wanted to create a treat recipe with beetroot. Beets are incredibly nutritious and fantastic for blood and body tissue health. They are a great source of folate (B-9), vitamin C, potassium, iron, manganese and fibre.

For this recipe simply steam fresh beetroot for around 30 mins or until tender, no need to peel them. You can of course buy ready cooked beets.

I've sweetened this brownie with prunes and dates. Prunes are great for digestive health. They are a great source of fibre, potassium, manganese, copper, magnesium, Vitamins A, K, B6 and niacin (B-3).

This is just a small batch. You can double it up using 2 loaf tins with liners, or a larger baking tray (you may need to bake it for longer in a larger tray).

You could also add nuts, coffee or spices and serve with summer berries.



Ingredients

- 50 g steamed beetroots
- 50 g dried pitted prunes (partially rehydrated)
- 25 g chopped dates
- 100 ml chai tea
- 25 g ground almonds
- 1 egg
- 1/2 t baking powder
- 1 T almond butter
- 1 T cocoa powder
- 50 g 85 % dark chocolate
- 50 g butter

Method

1. Preheat the oven to 180°C / 350 F.
2. Chop prunes and dates to make sure all the stones have been removed.
3. In a food processor blend cooked beetroot, prunes, dates and chai tea.
4. Add egg, baking powder, ground almonds, cocoa powder, almond butter.
5. Melt butter and chocolate over a bain marie.
6. Pour into food processor and blend till smooth.
7. Pour the batter into a paper lined tin and bake for 20 mins (I used a loaf tin with paper liner).
8. A stick should come out clean, but it should still be gooey.