

Chocolate Brownies

Traffic light category: **Amber**

Serves: 16

Ingredients

- » 1 cup wholemeal self raising flour
- » 4 tablespoons cocoa*
- » ½ cup brown sugar
- » 2 eggs, beaten
- » 1 teaspoon vanilla essence
- » 1 ½ tablespoons canola oil
- » 4 tablespoons mashed kidney beans
- » ½ cup low fat natural yogurt

Method

1. Preheat oven to 170°C fan forced
2. Grease and line a 20cm square cake tin with baking paper
3. Sift flour, cocoa and sugar into a bowl
4. Add in the beaten eggs, vanilla, oil and beans and mix till combined. Add yogurt and mix.
5. Do not over mix. The mixture should be moist enough to just hold its shape on a spoon. If it is too dry, add a couple of tablespoons of reduced fat milk
6. Bake for 16 minutes. Remove the brownies from the oven when the sides are just starting to firm up, and the middle still feels quite soft. It will firm up as it cools. Do not overcook as it will be dry.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	38g	100g
Energy	413kJ	1087kJ
Protein	2.8g	7.4g
Total fat	3g	8g
Saturated fat	0.6g	1.6g
Carbohydrate	14.4g	38g
Sugars	7.9g	20.8g
Dietary fibre	1.7g	4.6g
Sodium	91mg	240mg

Tip: For darker, richer brownies use dark cocoa

