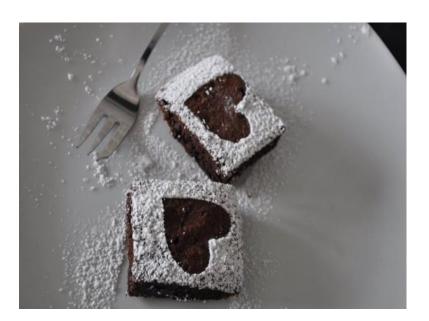


CHOCOLATE BEETROOT BROWNIES

http://www.brisbanekids.com.au/chocolate-and-beetroot-brownies/

Beetroot, packed full of vitamin C and iron and great for your liver

Guest post from Shar and Kody from Inspiration at Home



INGREDIENTS:

- 250g chocolate
- 250g unsalted butter
- 250g caster sugar
- 250g beetroot, boiled until tender, peeled and grated or tinned whole beets and grated
- 3 eggs
- 150g self- rising flour (white or wholemeal)

METHOD:

- 1. Preheat oven to 180c. Grease a baking tin 20x30x3cm line the bottom with baking paper.
- 2. Break up the chocolate into pieces, cut the butter into cubes then mix them up a bit in a heatproof bowl. Put the bowl in the oven as the oven warms up and let the butter and chocolate melt, stir and put back in the oven for a few more minutes until it melts completely.
- 3. Whisk the eggs and sugar together in a bowl until combined, then beat in the melted chocolate and butter until smooth. Gently fold in the flour and then the beetroot- be kind you don't need to over mix or mix hard.
- 4. Pour the mixture into your prepared tin and smooth over the top. Bake for about 20mins.

Please don't be tempted to overcook them. Remove from oven and leave on a rack to cool before cutting into squares.

Try a bit of decoration

Feel free to ice with a dusting of chocolate powder, icing sugar or something more!



