



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!

