

Chocolate brownies with a twist

Let's talk

Dementia

Indulgent yet unexpectedly wholesome, these sumptuous brownies are a true treat for the senses and the body alike. You may be surprised to see that avocado has been included in these delicious, moreish brownies, but the reason is that avocados are rich in 'good' fats. When combined with the antioxidant rich dark chocolate the result is a delicious, sweet treat with an anti-inflammatory hit.

Prep Time: 10 minutes

Cooking Time: 20 - 25 minutes

Serves 12

Ingredients

100g 70% dark chocolate
200g avocado flesh
2 eggs
1/2 vanilla pod
1 tablespoon water
3 tablespoons coconut or brown sugar
85g cocoa powder
1 tablespoon honey
1/2 tablespoon bicarbonate of soda

Method

1. Preheat oven to 180°C.
2. Melt the chocolate in a heatproof bowl over a pan of boiling water. Allow to cool.
3. Put the avocado into a mixer and fold in the eggs, vanilla and water. Blend until creamy.
4. Add in the sugar, cocoa powder, honey and a pinch of sea salt. Mix all the ingredients, then fold in bicarbonate of soda and stir until just combined.
5. Transfer the mixture into a prepared tray, levelling out the top and spreading the mix to the edges.
6. Bake in the oven for 20 to 25 minutes, or until a toothpick inserted comes out clean.
7. Leave to cool slightly before chopping into 12 pieces and serve.

