

Snacky Stuff

Sweet Treats



Chocolate Beetroot Brownies

Ingredients

250g 60 - 70% dark chocolate (broken into small pieces)
250g unsalted butter (cut into cubes)
250g brown sugar
3 eggs
150g wholemeal self raising flour
250g beetroot (boiled, peeled and pureed)

Equipment

Mixing bowl
Wooden spoon
Blender
Saucepan
Hob
Shallow baking tray

Method

1. Gently melt together the chocolate and the butter
2. Combine the eggs and sugar in the mixing bowl and beat in the butter chocolate mixture
3. Fold in the flour and beetroot
4. Pour into the greased baking tray and bake at 180°C for 20 minutes
5. Remove from the oven, leave to cool and cut into squares

Carrot Cake

Ingredients

240g wholemeal flour
240g brown sugar
4tsp baking powder
2 tsp cinnamon
60ml groundnut oil
4 eggs (beaten)
400g carrot (grated)

Equipment

Oven
Cake tin
Mixing bowl
Wooden spoon
Grater

Method

1. Mix together the flour, sugar, baking powder and cinnamon. Add the carrot and mix well.
2. Add the oil and eggs and beat together
3. Bake for 1 hour at 180°C until golden
4. Allow to cool and cut into slices

Chocolate Courgette Muffins

Ingredients

170g 60-70% dark chocolate (broken into small pieces)
200g wholemeal flour
1 tsp baking powder
110g brown sugar
225g courgette (finely grated)
2 eggs (beaten)
175ml groundnut oil
100g dried cranberries

Equipment

Oven
Muffin tray
Muffin cases
Grater
Mixing bowl
Wooden spoon

Method

1. Mix the flour, baking powder, sugar, cranberries and courgette
2. Melt the chocolate, whisk together the eggs and oil and add to the dry mixture. Mix well
3. Divide the mixture between the muffin cases and bake at 180°C for around 35 minutes