

Chocolate Brownies

Preparation Time: 15 min

Cooking Time: 20 min

Servings: 16

Ingredients

- 250g beetroot bulb
- 70g ghee
- 3 eggs, lightly whisked
- ½tsp vanilla extract
- ¼cup chestnut flour
- 1 cup cocoa flour
- ½cup honey
- 100g roasted macadamia nuts, roughly chopped
- 1 orange, rind finely grated



Method

Preheat oven to 170°C.

Bake or steam the beetroot & allow to cool, then remove the skins. Chop the beetroot. Use a hand-held blender or small food processor to make about 1/2 cup of puree.

Line an 18cm square cake pan with non-stick baking paper.

Melt the butter in a microwave oven. Beat together the butter and honey in a medium bowl.

Whisk in the eggs and vanilla extract. Add the beetroot puree. Whisk until well combined.

Sift the flour and cocoa into a large bowl. Add the beetroot mixture. Whisk until just combined. Stir in the macadamias and orange rind.

Pour into the cake pan. Smooth the surface. Bake for 20 minutes or until the top is firm and crumbs cling to a skewer when inserted into the centre.

Cool completely in the pan before slicing.