

Recipe of the Week 7
Chocolate brownies

The chocolate brownies are a much healthier option than readymade counterparts available in most shops. Although they are a healthier option they should still only be consumed in moderation (i.e. two brownies a week) as a treat as they are quite energy dense and a limited amount of nutrients.

Tip: The brownies can replace desserts high in fat as a healthier option over the festive season.



Serves: 12
Preparation time: 5-10-minutes
Cooking time: 30-minutes

Ingredients

170g cup plain flour
170g cup self-raising flour
200g cup baking cocoa
300g cup cups caster (superfine) sugar
50g roughly chopped walnuts
200g low fat vanilla yogurt
60 ml light olive oil
4 egg whites
2 tea spoons vanilla essence

Each serving contains

Energy (kcal) – 285
Carbohydrates – 45g
Protein – 6.5g
Fat – 7g (5g saturated)

Method

1. Preheat oven to 180°C/350°F
2. Line a 30 x 20 cm shallow baking pan with aluminum foil.
3. Sift flours and cocoa into a large bowl. Stir in sugar and walnuts (optional, and make a well in the centre).
4. Whisk yoghurt, oil, egg whites and vanilla essence together in a small bowl.
5. Pour onto dry ingredients, and mix lightly and quickly until just combined.
6. Spread into prepared pan and smooth the surface.
7. Bake for 30 minutes or until a skewer inserted into the centre of the tray comes out clean.
8. Leave in the tin for 10 - 20 minutes, then lift out and peel the foil away.
9. Cut into 12 squares.
10. Dust lightly with icing sugar before serving (optional).

(Adapted from Australian Institute of Sport, 2009)

