Gooey Beetroot Brownies

MAKES 8

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Qualified Nutritionist

Treat yourself to our nutrient dense gooey brownies made with seasonal, vibrant beetroot. Packed with nutrients like folate, iron, vitamin C and potassium, these brownies are the perfect balance between earthy and sweetness. Enjoy these rich gluten free and refined sugar free brownies as a high fibre treat after dinner!

GF
RSF

Ingredients:

- 5 medium beetroots
- 1/3 cup grass fed butter, melted
- 1/3 cup brown monk fruit
- 3 eggs
- 1 tablespoon vanilla bean extract
- 100g gluten free self raising flour
- 4 tablespoons cacao powder
- 2 teaspoon baking powder
- 1 teaspoon sea salt
- 200g 85% dark chocolate
- 240g natural Greek yoghurt

Method:

Boil a steamer pot of water over medium/high heat.

Peel beetroot skin and cut into wedges. Place in the pot to steam for 30 minutes, or until completely soft. Remove beetroot from the pot and set aside to cool for 5 minutes. Place in a high-speed blender and blitz until you have a smooth puree. Set aside and reserve a tablespoon of puree for frosting.

Preheat oven to 180°C and grease a square baking tin with butter.
Place in the oven to warm up.

In a small bowl, add Greek yoghurt and reserved beetroot puree.
Stir until you have a vibrant pink colour and place in the refrigerator to firm.

In a large mixing bowl, whisk melted butter, monk fruit, cracked eggs, beetroot puree and vanilla bean extract until completely smooth.

In a separate mixing bowl, combine all dry ingredients. Sift wholemeal flour, cacao powder, baking powder and sea salt. Stir well and slowly pour dry mixture into the wet. Fold until all ingredients are combined, be careful not to 'over mix'.

Roughly chop the dark chocolate and add half to the brownie mixture. Pour mixture into the warmed baking tin, using a spatula to smooth. Layer with the remaining chocolate pieces.

Bake in the oven to 45-50 minutes, or until a toothpick comes out clean. Allow the brownies to cool for 5 minutes before frosting with the Greek yoghurt and slicing up.

the garden family
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