



Fudgy chocolate brownie



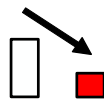
Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



These brownies



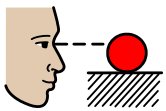
are delicious



and lower



fat.



Watch them



during



cooking

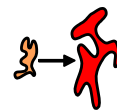
or



they



might



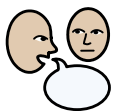
become



dry.



Who



says



you can't



eat



cake



during



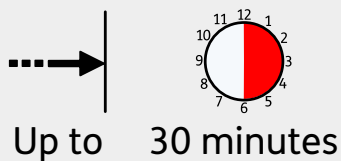
a diet?



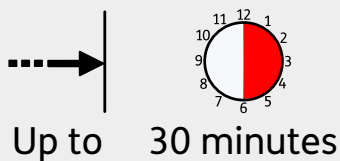
Meal information



Preparation time




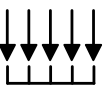



Cooking time




Serves










 Nutrition in each serving:




 Calories
(kcal)

209



 Protein
(g)

9



 Carbohydrate
(g)

14



 Fat
(g)

12



 Fibre
(g)

4



Ingredient List



400g tin black beans, drained and rinsed (235g drained weight)



80g light vegetable oil spread



4 large free-range eggs



60g good-quality cocoa powder, plus 1 tsp for dusting



50g ground almonds



1 tbsp vanilla extract



2½ tbsp maple syrup



1 tsp instant coffee granules



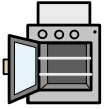
4 tbsp granulated sweetener



60g dark chocolate chips



Equipment List



oven



20cm square
baking tray



baking paper



food processor



large bowl



whisk

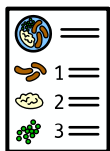


knife

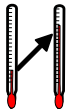
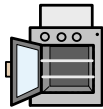
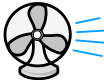



plates





Method



 Preheat the oven to 180°C / 160°C
 
 /
 
 Gas 4.



 Line a 20cm square baking tin with baking paper.

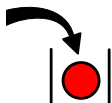








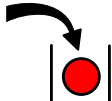



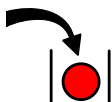





 Put the black beans and vegetable spread into a food processor.

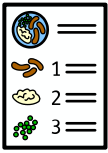



 Make sure the mixture is smooth.

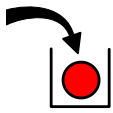





 Add the eggs and blend for a short time to combine.





 Put the mixture into a large bowl.






 Add the cocoa powder, almonds, vanilla extract and maple syrup.



Method



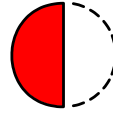
Add



the coffee granules,



sweetener



and half of



the chocolate chips.



Whisk

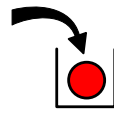
and



put



the mixture



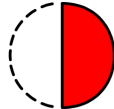
into



the square baking tray.



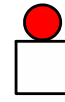
Scatter



the other half of



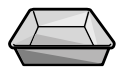
the chocolate chips



on top.



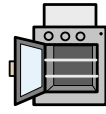
Put



the tray



in



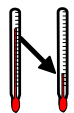
the oven



for about



20 minutes.



Cool



and carefully



lift



the brownie



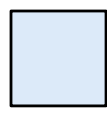
from the tray.



Cut



the brownie



into squares



and sprinkle with



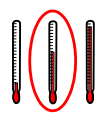
cocoa powder.



Enjoy



your



warm



brownies.