

NutritionConfidence Recipes

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Gluten & Sugar Free Brownies

Recipe by Vanessa Marx

Photograph by Claire Dunn

Ingredients

200 g raw cocoa paste (solid)	50 g desiccated coconut
375 g ground almonds	3 tablespoons cocoa powder
6 whole free-range eggs	1 teaspoon baking powder
250 g xylitol	
300 g cocoa butter	

Method

- 1 Preheat the oven to 160 C
- 2 Grind together the cocoa paste, ground almonds, coconut, cocoa powder & baking powder.
- 3 Whisk together the eggs and xylitol until light and fluffy and the xylitol is dissolved.
- 4 Melt the cocoa butter.
- 5 In a large bowl, fold together the ground cocoa mixture & the egg mixture until combined.
- 6 Fold the warm cocoa butter into the mixture until all combined.
- 7 Pour the batter into a greased baking dish and bake for 30-40 min until set.
- 8 Leave to cool, then slice into squares.

Makes 48



We love it!

A better alternative to other sugar-laden chocolate treats! And because this recipe contains no flour, it is ideal for individuals that are gluten intolerant.



Dietitians say...

Historical evidence shows that cocoa has been used in a medicinal capacity for over two thousand years (since the time of the ancient Mayan and Aztec civilisations and following its introduction to Europe in the Middle Ages).

A large Harvard study showed that cocoa consumption is associated with decreased blood pressure, improved blood vessel health, and improvement in cholesterol levels, among other benefits.

The cocoa bean's therapeutic properties can be attributed to certain constituent compounds, known as flavonoids.

The nutritional value serves 48: Energy: 572 kJ Protein: 2 g Carbohydrate: 6 g Total fat: 12 g Fibre: 1.7 g Sodium: 13.5 mg