



SUPER-POWER BROWNIES

GF SF DF VEG

MAKES 15

2 cups zucchini, finely grated by hand and drained well (see Tips)

½ cup light olive oil

1 cup coconut sugar

1 tbsp natural vanilla extract

3 cups almond meal

½ cup raw cocoa powder, sifted

1½ tsp gluten-free baking powder

generous pinch pink salt

2 large eggs

3 florets cauliflower, finely grated by hand

80g dark chocolate chips (50-70% cacao)

freeze-dried raspberries, strawberries or pomegranate arils, lightly crumbled

Chocco-avocado topping (optional)

1 ripe avocado

1 tbsp coconut oil, melted

20g raw cacao powder, sifted

60-80g rice malt syrup or maple syrup, to taste

1 tsp natural vanilla extract

We call these Super-power Brownies because of the hidden veggies. Lighter than conventional brownies but still fudgy and delicious, give them a try when only chocolate will do.

Preheat oven to 190°C and grease and line a 20 × 20 cm baking dish.

Place oil, sugar and vanilla in a food processor and mix until fully incorporated.

In a separate bowl, combine the almond meal, cacao, baking powder and salt. With the food processor on low, gradually add the dry ingredients to combine.

Next, add the eggs one at a time while mixing on low - the mixture will be very thick and fudgy here. Next add the grated zucchini and cauliflower and combine on low. Lastly add the chocolate chip and gently fold in.

Transfer mixture to prepared baking dish. Bake for 25-30 minutes until set but still fudgy. Let stand for at least 30 minutes before slicing and eating.

If using the Chocco-avocado topping, simply mix all ingredients together in a food processor then spread over brownies once cool.

RECIPE TIPS

- It's really important to finely grate your zucchini and cauliflower by hand (as opposed to in a food processor) and to squeeze out the excess moisture from the grated zucchini before you use it. To do this, transfer grated zucchini to a fine mesh sieve and squeeze it out with your hands. Then, transfer to a nut-milk bag if you have one or a clean tea towel, twist to seal tightly and give it another good squeeze. Leave grated zucchini in the sieve over the sink while you prepare the rest of the ingredients.
- Select a light olive oil for this recipe as you don't want an overpowering extra virgin olive oil flavour here.
- While these are a healthier version of traditional brownies, be mindful that these are still a sweet and to enjoy in moderation.
- Whether you choose 50% or 70% cacao chocolate for this recipe will affect the sweetness of the end result.

DR JOO TIP

Dark chocolate is a known aphrodisiac and also a super-food with lots of healthful properties. Enjoy these in moderation though as they are still a sweet.