

Rich Chocolate and Prune Brownie



Aus Prunes

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Prunes add a bold richness to this brownie. Surrounded in chocolate, they are delightfully chewy.

SERVES: **20** | PREP TIME: **20 mins** plus baking time | LEVEL OF DIFFICULTY: ●○○

Dairy free, gluten free.

Brownie

INGREDIENTS

- 1 cup (200g) **Australian prunes**, pitted
- 200g dark chocolate
- 1/2 cup coconut milk (or coconut cream)
- 1/2 cup coconut oil, melted
- 1 ¼ cup brown rice flour
- 1/2 cup cocoa
- 1 cup brown sugar (or rapadura sugar)
- pinch salt
- 1 tsp vanilla
- 1 egg, lightly beaten

METHOD

1. Preheat oven to 170 degrees and grease and line with baking paper a 20cm square baking tin.
2. Pour boiling water over the prunes to cover. Soak for 5 mins, then drain and coarsely chop.
3. Place the chocolate and the coconut oil together in a large bowl over a saucepan of simmering water and melt together. Add the sugar and stir till dissolved. Add the vanilla and the coconut milk and stir well. Remove from heat.
4. Fold the flour, cocoa and salt into the chocolate mixture. Stir in the prunes and then gently stir in the egg.
5. Pour into the prepared tin and bake for 20 mins or until set.
6. Cool in the tin, then turn out and cut.

NUTRITION

Per serve: Energy 920kJ • Protein 2g • Total fat 10g • Saturated fat 8g • Total Carbohydrates 28g
• Total sugars 16g • Dietary fibre 2g • Sodium 30mg

10g prunes per brownie (25% of daily 50g serve of prunes)



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