

ONE BOWL CHOC-NUT RASPBERRY BROWNIES

Chocolate and raspberry has got to be one of my favourite flavour combinations. Here the bitterness of the cacao powder together with the tartness of the raspberries goes off like a party in your mouth.

Preheat the oven to 180°C and line a 20 cm square baking tin with baking paper.

Place all the ingredients except the raspberries in a bowl and mix to form a batter.

Spread the batter evenly over the prepared baking tin, dot the raspberries evenly over the surface and bake for 25–30 minutes, or until the top is looking firm and crunchy and gives a little resistance when lightly touched. Remove from the oven and leave to cool in the tin, then cut into 12 pieces. Store in an airtight container for up to 7 days.

MAKES 12

60 g (½ cup) cacao powder

100 ml coconut oil, melted

125 g Lemon–Macadamia Butter
(see page 84)

140 g (1 cup) coconut sugar

4 eggs

100 g (1 cup) almond meal

160 g (1 cup) macadamia nuts,
roughly chopped

½ teaspoon ground cinnamon

1 vanilla pod, split and scraped

pinch of sea salt

125 g (1 cup) fresh raspberries

What I love ...

Macadamia nuts contain more heart-healthy monounsaturated fat per serving than any other nut. This 'good' fat helps lower unhealthy cholesterol levels and high blood pressure.



