



COCOA BEETROOT BROWNIES

Dessert: Desserts, cakes and biscuits are allowed at lunchtime only. They must not contain any confectionery.

Recipe adapted from: Bidvest 3663 Food Development team.

Ingredients

150g unsaturated fat spread
275g granulated sugar
150g (3) eggs, beaten
75g reduced fat cocoa powder
75g plain flour
75g beetroot, cooked and grated

Method

1. Pre-heat the oven to 160°C/325°F/gas mark 3.
2. Line or grease a baking tin.
3. On a low heat, melt the butter and sugar together. Remove from the heat and fold through the eggs, continuing to stir.
4. Add the cocoa powder and plain flour and fold into egg mixture.
5. Finely grate the beetroot and fold through the cake mixture.
6. Place in the baking tin and bake in the oven for 15 minutes.
7. Test with a skewer. When ready, allow to cool on a wire rack.

Serving suggestion: with cocoa flavoured custard



Number of portions this recipe makes:

18 primary servings (44g)
14 secondary servings (57g)



Prep: 10 minutes
Cook: 20 minutes



Allergy information:

Egg, milk, wheat (gluten)



Top Tips

Make into muffins

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads are based on unsaturated fats.