



## DATE & COCOA BROWNIES

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

*Recipe adapted from: Local Food Links, Dorset*

### Ingredients

270g dates, dried, chopped  
200ml water  
90g unsaturated fat spread  
175g dark brown sugar  
150g (3) eggs  
150g self-raising flour  
70g cocoa powder

### Method

1. Pre-heat the oven to 170°C/325°F/gas mark 3.
2. Grease the baking tray approximately 325 mm x 265mm
3. Cover dates with water and cook until soft then liquidize and cool. Set aside.
4. Melt the fat spread in a saucepan, beat in pureed dates.
5. Beat sugar and eggs together in a bowl.
6. Add the pureed dates and melted margarine to the egg mixture and mix together.
7. Sift the flour and cocoa into the date mixture and mix together.
8. Pour the brownie mix into lined baking tray and cook for 25-30 minutes.
9. Cool and cut into squares.

**Serving suggestion:** these brownies can be sticky; serve in a napkin.



#### Number of portions this recipe makes:

22 primary servings (40g)  
16 secondary servings (55g)



**Prep:** 20 minutes  
**Cook:** 20 minutes



#### Allergy information:

Eggs, milk, sulphites, wheat (gluten)



### Top Tips

Swap white for wholemeal self-raising flour.

### 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 based on unsaturated fats.