



Recipe
3



Serves
6

Chocolate Brownies



Ingredients

75g (3oz) butter or margarine
40g (1 ½ oz) cocoa powder
225g (8oz) sugar
2 large eggs
50g (2oz) plain flour
25g (1oz) chocolate chips (optional)
25g (1oz) nuts (optional)

Equipment

Saucepan, mixing spoon, baking tin, wire rack, spatula and grease proof paper.

Method

1. Preheat the oven to 180°C, Gas Mark 5 and line the baking tin with the grease proof paper.
 2. Melt the butter or margarine in a saucepan.
 3. Stir in the cocoa powder and sugar.
 4. Remove the pan from the heat.
 5. Add the eggs, one at a time, and mix.
 6. Stir in the flour and optional ingredients.
 7. Pour the mixture in the lined baking tin, using the spatula to remove all the mixture from the pan.
 8. Bake in the oven for 30 minutes, then cool on the wire rack.
- Note: Microwave oven**
1. Melt the butter or margarine in a heat proof bowl for approximately 1 minute.
 2. Add the remaining ingredients and beat hard with a spoon.
 3. Microwave for a further 3-4 minutes (depending on the power of the microwave oven).

Nutrition Information

Brownies*	per 100g	per recipe	per portion ($\frac{1}{6}$ recipe)
Energy (kJ)	1635	9188	1531
Energy (kcal)	391	2196	366
Protein (g)	6.3	35.3	5.9
Fat (g)	18.8	105.5	17.6
of which saturates (g)	9.7	54.5	9.1
Carbohydrate (g)	52.7	296.4	49.4
of which sugars (g)	45.0	252.7	42.1
Fibre (g)	1.4	8.1	1.4
Sodium (mg)	198	1114	186
Salt (g)	0.5	2.8	0.5

* made with chocolate and nuts

Notes

Key Messages

Healthy eating

- Like any foods containing fat and sugar, chocolate brownies can be part of a healthy balanced diet, when eaten occasionally. It is the amount you eat that is important.
- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute suitable for baking (or use half and half).

Money

- Some nuts can be expensive, look for the chopped mixed variety.

Food safety

- Avoid the temptation to lick the spoon or your fingers while making these.