Chocolate Brownies

Ingredients
- 75g (3oz) butter or margarine
- 40g (1 1/2 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).
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.

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### Nutrition Information

<table>
<thead>
<tr>
<th>Brownies*</th>
<th>per 100g</th>
<th>per recipe</th>
<th>per portion (⅙ recipe)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ)</td>
<td>1635</td>
<td>9188</td>
<td>1531</td>
</tr>
<tr>
<td>Energy (kcal)</td>
<td>391</td>
<td>2196</td>
<td>366</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>6.3</td>
<td>35.3</td>
<td>5.9</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>18.8</td>
<td>105.5</td>
<td>17.6</td>
</tr>
<tr>
<td>of which saturates (g)</td>
<td>9.7</td>
<td>54.5</td>
<td>9.1</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>52.7</td>
<td>296.4</td>
<td>49.4</td>
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<tr>
<td>of which sugars (g)</td>
<td>45.0</td>
<td>252.7</td>
<td>42.1</td>
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<tr>
<td>Fibre (g)</td>
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<td>8.1</td>
<td>1.4</td>
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<tr>
<td>Sodium (mg)</td>
<td>198</td>
<td>1114</td>
<td>186</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>0.5</td>
<td>2.8</td>
<td>0.5</td>
</tr>
</tbody>
</table>

* * made with chocolate and nuts

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Notes

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