



The Great NZ Food Show

Matilda Rice

Almond Butter Brownies

If you're going to a dinner party and you're on dessert, this is the perfect thing to make! It's super quick and also really nutritious, so if you're trying to make healthy choices it is a far better option than bringing along fruit (don't be that person!). If you don't want any refined sugar in there at all, you could take out the chocolate and substitute it for cacao nibs.

Ingredients:

1 cup almond butter
¼ cup (60ml) honey or pure maple syrup
¼ cup (60ml) maple syrup or coconut sugar
1 free-range egg
1 teaspoon vanilla essence
½ teaspoon baking soda
Pinch of sea salt
½ cup dark chocolate chips (or any chocolate you like, really)
Cream or coconut yogurt, to serve

Method:

Preheat oven to 180°C. Line a 20cm x 20cm baking tin with baking paper.

In a large bowl, mix together all of the ingredients except the chocolate chips and cream or yogurt. Fold in the chocolate chips.

Pour the mixture into the prepared baking tin and spread out evenly. Bake for 15-20 minutes, then remove from the oven. The top will still seem a bit soft, but it will harden as it cools. Let cool in the tin for about 10 minutes before slicing.

Serve with cream or a dollop of coconut yoghurt alongside and you will think you're in heaven.