



INCABERRIES

Double chocolate and Incaberry brownies

Serves 12

Ingredients

125g salt reduced margarine
175g dark chocolate, chopped
1 cup brown sugar
1 ½ cups plain flour, sifted
¾ teaspoon baking powder
4 eggs
1 cup Incaberries
2 tablespoons milk choc chips

Method

Preheat oven to 160C.

Place the margarine and chocolate in a saucepan over low heat and stir until melted and combined fully. Remove from heat and cool to room temperature.

Place the sugar in a large bowl along with the flour and baking powder. Mix to combine then pour in the melted chocolate mixture and lightly beaten eggs. Fold together then stir in the Incaberries.

Spoon the mixture into a 20cm x 30cm slice tin lined with non stick baking paper. Sprinkle with choc chips. Transfer to the oven and cook for 30 - 40 minute until brownie is still quite moist when tested with a skewer.

Cool completely or serve warm with ice cream.

Note : cover the brownie if the surface is browning too quickly

Nutrients per brownie (12 serves)

1410kJ energy, 6g protein, 14g total fat (5.3g saturated fat, 2.7g polyunsaturated fat, 5.5g monounsaturated fat), 45g carbohydrates, 29g sugars, 4g fibre, 186mg sodium