

Chocolate Brownies

Traffic Light Category – **AMBER**

Makes 16 serves

Ingredients

- 1 cup self raising flour
- 4 tbs cocoa
- ½ cup brown sugar
- 2 eggs, beaten
- 1 tsp vanilla essence
- 1 ½ tbs canola oil
- 2 tbs mashed kidney beans
- ½ cup low fat natural yogurt

Method

1. Preheat oven to 170°C for a fan forced electric oven
2. Grease and line a 20cm square cake tin with baking paper. The baking paper helps with removal of the brownies after cooking
3. Sift flour, cocoa and sugar into a bowl
4. Add in the beaten eggs, vanilla, oil and beans and mix till combined. Add yogurt and mix. Do not over mix. The mixture should be moist enough to just hold its shape on a spoon – if it is too dry, add a couple of tablespoons of milk
5. Bake for 16 minutes (cooking times will vary for each oven) - remove the brownies from the oven when the sides are just starting to firm up, and the middle still feels quite soft. It will firm up as it cools. Do not overcook as it will be dry.

Tip

- *For darker, richer brownies use dark cocoa.*

