



Fresh Ideas Feeding Minds

Recipe to Try at Home

Beetroot Brownie

This sounds like a crazy combination but trust us – it works!

The beetroot gives a lovely depth of flavour and helps boost your five-a-day intake.

Makes 12

Ingredients

250g	Self-Raising Flour
45g	Cocoa Powder
225g	Caster Sugar
345ml	Vegetable Oil
1 Tsp.	Vanilla Essence
100g	Raw Beetroot – peeled and grated
4 x	Eggs

Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Sift the flour and cocoa powder into a mixing bowl and add the sugar.
3. Slowly add in the vegetable oil, vanilla essence, eggs, and beetroot and mix well.
4. Pour the mix into a lightly greased and lined baking tin measuring approx. 20cm x 30cm.
5. Bake in the oven for 25-30 minutes.
6. Turn out on to a wire rack and leave to cool.
7. Cut into portions.
8. Dust with icing sugar and enjoy!

