

OLD JOE'S KAIA COUNTRY HAVEN

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THE SEEDLING

vegan restaurant

HEALTHY CHOCOLATE BROWNIE

Heat oven to 180° C

Prepare a square cake tin with non-stick spray

Add to a blender:	<i>2 ripe bananas (135-150g)</i>
In a glass mixing bowl heat to melt the chocolate, then cool, add to the bananas in the blender, now process all until smooth:	<i>250 ml coconut cream 80 g Nova chocolate 60 ml cocoa powder 175 g dates 5 ml vanilla</i>
Mix to dissolve and cool, then add to chocolate mix and blend briefly :	<i>15 ml instant coffee powder 80 ml boiling water</i>
Sieve together, make a well in the centre and pour in the wet ingredients from the blender. Pour into prepared pan. Smooth the top:	<i>250 ml self-raising cake flour 1.25 ml salt</i>

Bake 25-30 minutes until a knife comes out clean.

Flatten the mound slightly by pressing it down with a same-size pan when it comes out of the oven.

Cool and slice into squares.

NOTE:

- *Nova chocolate is sugar-free. Should you not be able to get Nova, replace with Aero Dark Chocolate (which is vegan) but remember that it is not sugar-free!*
- *It is easy to make this recipe gluten-free by replacing the self-raising flour with Glutagon or Orgran self-raising flour (available from Dischem).*