



Fair trade chocolate brownie

This recipe has been developed for Trade Aid by The Vegan Monster. Easy to make, this recipe creates a delicious treat that is **vegan, gluten-free, and without refined sugar**. Makes a 28cm x 18cm cake tin.

Ingredients:

70g	Almonds*	70g	Buckwheat flour
5	Medjoul dates (pitted and finely diced)*	50g	Cocoa powder*
2Tbs	Molasses*	1Tbs	Psyllium fiber husk (or ground flax seed)
310ml	Water	1tsp	Baking powder
70g	Rice flour	1 cup	Dark chocolate drops*

Method:

1. Soak almonds in filtered water for at least 8 hours, then rinse and drain.
2. Preheat oven to 195°C (top-/bottom heat).
3. Place soaked, rinsed and drained almonds into a blender.
4. Add water, dates and molasses to the blender. Blend until smooth.
5. Sift and mix the dry ingredients in a bowl. Pour in the blended dates and almond mixture, sprinkle approximately half the chocolate drops in and stir to combine.
5. Line the baking pan with baking paper. Scoop the dough into the baking pan and spread it evenly. Sprinkle remaining chocolate drops on top and gently press them into the dough.
6. Bake covered for approximately 20 to 25 minutes. If an inserted wooden skewer comes out just slightly sticky, the brownie is done. Best enjoyed when warm.

Tip: When baking place a large tray on the rack above to shield the brownie from direct heat.

***Find this ingredient at your local Trade Aid store or stockist.**

See www.tradeaid.org.nz/recipes for more recipes