

LOW-GI CHOCOLATE BROWNIES

Quinoa and sweet potato might seem like strange ingredients for a brownie, but as well as being a low-GI alternative for regular flour, they are packed with fibre and vitamins, making these brownies super-healthy as well as delicious. Try them!

150–200 g sweet potato (± ½ cup when mashed)
½ cup quinoa
2 cups (500 ml) water
½ cup Flora Extra Lite reduced-fat spread
½ cup (80 ml) fat-free milk
3 extra large eggs
¾ cup cocoa powder
¾ cup xylitol
1 teaspoon baking powder
1 teaspoon bicarbonate of soda
1 teaspoon vanilla extract

1. Peel the sweet potato and cut into chunks. Boil in a little water until soft, then mash to a smooth consistency. Set aside to cool.
2. Place the quinoa in a saucepan with the water. Bring to the boil and cook for 15 minutes, then drain and set aside until completely cool.
3. Place the cooled quinoa, margarine and milk in a blender or food processor and blitz for about 5 minutes, until quite smooth.
4. Add the cooled sweet potato mash, together with the rest of the ingredients, and mix by hand until well combined.
5. Spray a 16 x 26-cm lamington tray with olive oil cooking spray. Pour the brownie mixture into the tray.
6. Bake in a preheated oven at 180°C for 40 minutes, or until a skewer inserted into the centre comes out clean. Leave the brownies to cool in the tray before cutting into squares.

MAKES 16

(one portion = 1 brownie)

PER SERVING

Energy (kJ) 378	Protein 4.2	Carbohydrate 15.6	Fat 1.3	GI 58.9	GL 9.2
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