

Louise Lennox's Fussy Eaters Beetroot Brownie Bites

Beetroot Brownie Bites - Makes 25 portions

A healthier version of the original. Perfect for lunchbox treats. The beetroot helps keep the brownie moist and brings out the chocolate flavour, but you can't actually taste it which is great for anyone who has a fussy eater at home.

Ingredients

100g Dr. Oetker 72% Extra Dark Chocolate (broken into pieces)

125g Butter

2 Large Eggs

125g Beetroot (bought pre-cooked and peeled)

125g Caster Sugar

1 teaspoon Organic Vanilla Bean Extract

75g Plain Flour

25g Fine Dark Cocoa Powder

Decoration

50g Dr. Oetker 72% Extra Dark Chocolate

2 packets Dr.Oetker Giant Chocolate Stars

Method

1. Preheat the oven 180oC / 170oC Fan / Gas Mark 4. Grease and line 20cm square cake tin with non-stick baking paper.

2. Put the chocolate and butter in a heatproof bowl then place over a saucepan of simmering wa-ter. Allow to melt and stir until smooth. Then remove from the heat and leave to cool slightly.

3. Remove the cooked beetroot from the packaging and drain off any excess juice. Then place in a blender and puree until smooth.

4. Crack the eggs into a bowl and beat together. Then add in the beetroot puree, caster sugar and vanilla extract. Pour into the chocolate mixture and whisk everything together.

5. Sieve the flour and cocoa powder into the chocolate mixture and stir until completely smooth.
6. Pour the mixture into the lined cake tin. Bake for 20 - 25 minutes and then remove from the oven. Place on a wire rack, allowing the brownie to cool completely in the tin. Then remove from the tin and cut into 4cm square pieces.
7. To decorate melt the dark chocolate following the instructions on the packet. Then drizzle the chocolate over each brownie and place a chocolate star on top of each brownie.

Tips

To save time melt the chocolate and butter in the microwave. Place into a microwavable bowl and cook on high for 1 minute. Allow to stand for two minutes and then stir chocolate mixture until smooth.

Use only fresh beetroot. This can be bought already cooked and peeled in the vegetable / salad section in the supermarket. Leftover beetroot puree can be frozen for future use.

Don't use beetroot in a jar as it is usually preserved in vinegar

Replace caster sugar with granulated sugar or brown sugar

If you don't have butter use unsalted butter or margarine instead

To make these brownies gluten free replace the plain flour with gluten free flour

For an extra chocolate hit add 100g of Dr.Oetker Milk Chocolate Chips to the brownie mixture

Brownies can be kept in an airtight container for 5 days or frozen for up to 3 months