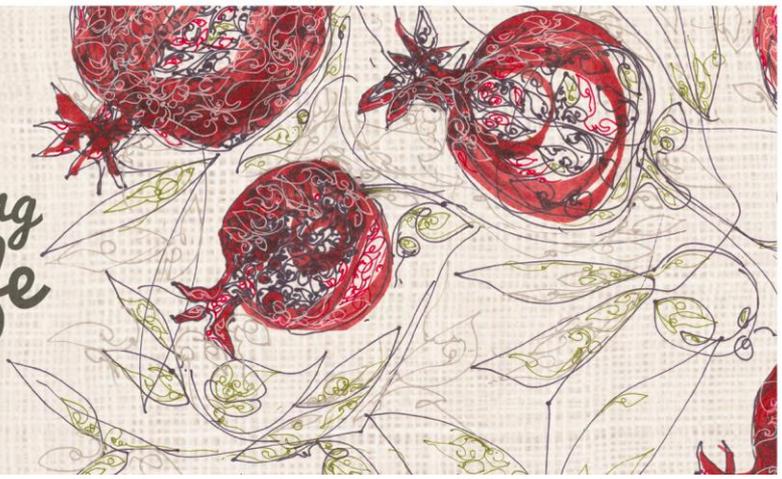




Creating  
an  
appetite  
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# Chocolate & Pear Super Brownie

**Preparation** 15 minutes **Cooking** 15 minutes **Makes** 30 portions 42g cooked weight per portion  
**Cost** \$0.54 per portion (based on retail prices) **Season** Winter/Any **Ability** Medium **Can Make ahead and Freeze**  
**Equipment** Mixer & Oven

**Did you know?** These brownies contain 50% more energy and twice the amount of fibre as two store bought lamington fingers.

**The benefits:** Cocoa has more antioxidants than just about any other food on the planet. Cocoa contains many minerals such as calcium, copper, zinc, iron and magnesium, all essential for good health. The high flavonoid content of cocoa has been scientifically linked to a reduced risk of heart disease, stroke and diabetes. Eggs provide a wonderful source of protein for muscle maintenance as well as Vitamin B12 which assists with the nervous system and brain function. Pear is a good source of dietary fibre which is helpful in regulating cholesterol and controlling blood sugar levels. This recipe is gluten free and can be eaten by those with coeliac disease.

## Ingredients

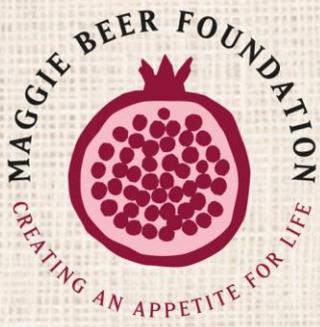
280g butter  
280g 70% chocolate (good quality)  
280g castor Sugar  
4 eggs  
1 tsp vanilla  
50g cocoa Powder  
75g gluten free plain flour  
100g dried pear, chopped into small pieces  
20g cocoa nibs



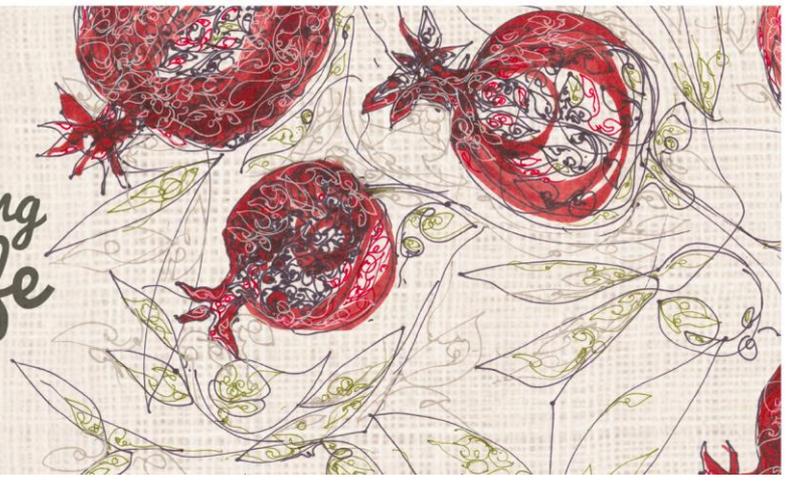
## Method

1. Preheat the oven to 175C
2. Grease and line a slice tin
3. Place the chocolate and butter in a bowl over a bain marrie to melt, alternatively place in the microwave safe bowl on low.
4. Place the eggs, sugar and vanilla in a mixing bowl and whisk on high until light and fluffy.
5. Once the chocolate and butter are melted and the eggs and sugar are whisked, gently combine the two. Fold in the flour and cocoa mix, then the dried pear and cocoa nibs. Careful not to over mix! Pour into the prepared tray and bake for 14 minutes or until set.
6. Cool, then place into the fridge to completely chill before cutting (using a hot knife!)





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## Nutritional Information

Chocolate and Pear Brownie - Serving Size: 42g		
	Per Serving	Per 100g
Energy (kJ)	774	1868
Protein (g)	1.6	3.9
Fat (g)	11.1	26.9
- Saturated (g)	7.0	16.8
Carbohydrate (g)	20.0	48.2
- Sugar (g)	16.4	39.5
Fibre (g)	1.1	2.8
Sodium (mg)	37.2	89.9

