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SuperFood Brownies

I was inspired by Teresa Cutter's beautiful recipe for her Chocolate Fudge Brownies (see her website at www.teresacutter.com). What I wanted to do was increase the virtuosity factor by adding some Superfoods as well. I was convinced that it was possible to enjoy a Brownie without the guilt laden conversation that usually follows it! And being pregnant, I also wanted to explore making something that was not only yummy but also nutritious for kids. And hence I employed my toughest critic, Olive my niece, to test my efforts.

Ingredients

1 cup walnuts

1 cup almonds

1 cup dates

1 tbsp vanilla essence

¼ cup raw cacao powder

½ cup shredded coconut

¾ cup of blended young green coconut water and flesh

¼ cup Acai powder

Instructions

Blend the nuts in a food processor till roughly chopped then put in large stainless steel bowl. Then blend the dates, vanilla, cacao, coconut water/flesh and Açaí powder. Add to bowl with shredded coconut. Mix with your hands until the consistency is dough like and all ingredients are evenly spread. This is the fun part for kids as it tends to get messy and you have to eat the brownie off your fingers! Press into baking tin lined with baking paper and place in fridge until set.

Take out, cover with more shredded coconut and then slice in small pieces. Enjoy with a cup of herbal tea knowing you are getting a great dose of protein and anti oxidants from a treat that does not contain any raw sugar or processed chocolate. Due to this recipe, as usual, using organic ingredients then you're getting more of a hit nutritionally as well.

Result – Olivia LOVED them!