

CHOCOLATE & BUTTERNUT SQUASH BROWNIES

Inspired by our High Flavour, Low Calorie January menu at The Apple Tree Restaurant, this recipe uses butternut squash to give the brownies a lovely moist texture and a subtle earthy flavour too. These sweet little squares are a hit with children and grown-ups alike, so they're a great way to sneak some extra vegetables into the family's diet.

Ingredients (makes 12)

400g butternut squash
100g dark chocolate
4 medium size free-range eggs
200g caster sugar
100g cocoa powder
2 tbsp plain flour
2 tsp baking powder

Method

- 1) Preheating the oven to 180C
- 2) Grease a 20cm x 20cm baking tin and line it with baking paper
- 3) Peel and dice the butternut squash into small squares, transfer to a bowl and cover with water.
- 4) Place cling film over the bowl and then heat in the microwave on high for 8-10 minutes. When the squash has become soft, drain away the excess water.
- 5) Roughly chop your chocolate and add to the squash, allowing it to melt before using a hand-blender to mix until it becomes a puree.
- 6) Crack the eggs into a separate bowl and add the sugar, whisking until the mixture becomes light and fluffy.
- 7) Gently fold in the cocoa powder, baking powder and flour, followed by the squash and chocolate puree.
- 8) With all the ingredients combined, transfer to the baking tin and bake for around 25 minutes. Once the brownies have set, remove from the oven and allow to cool, before cutting into squares and serving up a well-deserved sweet treat.

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