

CHRISTMAS MINCEMEAT BROWNIES

INGREDIENTS

Serves 9. Prep 10 mins + 5 minutes cooling.
Bake 15–18 minutes.

- 100g of 70–85% dark chocolate, preferably organic, broken into small chunks
- 100g of oil or butter—your choice
- 1 tbsp maple syrup—if you are using my no-sugar mincemeat. If using traditional sweetened mincemeat then not necessary
- 3 small organic / free range eggs
- 50g ground almonds
- 1–2 tsp spices—I used cinnamon & mixed spice
- 1 tsp good quality vanilla extract
- 275g mincemeat— see 'Healthier Mincepie Tart' recipe for my mincemeat recipe. Or use your own / shop bought.

METHOD

1. Gently melt the chocolate, butter / oil, & honey in using over a saucepan of simmering water, or in the microwave. Do not overheat, and then leave to cool for 5 minutes.
2. Turn the oven to 170 / 150 fan. Line a 20cm square tin with baking paper, or grease with oil/butter.
3. Separate the eggs placing the egg whites in a bowl big enough to be whisked, and the yolks directly in the cooler chocolate mix.
4. Whisk the egg whites until firm
5. Add the almonds, vanilla and spice to the chocolate mix, and gently mix everything. Add the egg whites and using a spatula fold in retaining as much air as possible.
6. Lastly add the mincemeat, again as gently as possible.
7. Pour into the tin and bake for 15–18 minutes. This depends how quickly your oven cooks and how squidgy you like them! Do not overcook and remove from the oven when the middle still has a slight wobble.
8. Leave to cool in the tin—if you can wait!



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Lovely with a bit of cinnamon spiced custard!



HEALTH BENEFITS

Dark Chocolate is healthier than milk or white because it has a higher content of cocoa beans. Cocoa beans are a great source of protein, health fat, antioxidants. Also well known for its mood enhancing qualities, partly because the beans contain small amounts of caffeine.

I don't think there is an issue with eating small amounts of good quality, high cocoa %, dark chocolate now & again, as part of a balanced diet. The problem for many is stopping at the small portion, or eating the wrong chocolate in the 1st place.

Dried fruits are high in many essential vitamins, minerals, fibre & plant nutrients. However their high natural sugar content means they will raise blood sugar levels more than seeds & nuts. They are a wonderful addition to any diet, in moderation.

Cinnamon historically was used for insomnia, menstrual cramps, & nausea. It is probably best known now for stabilising blood sugar levels, great for helping to prevent Type 2 Diabetes & for weight control.

Almonds are a rich source of many nutrients such as Vitamin E, calcium, magnesium. They are also a great healthy fat to eat, as well as fibre and protein. Great for the skin, the heart, the brain, the gut.



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