

Pumpkin Brownies

Serves: 12

Prep time: 20 minutes + cooling time

Cook time: 15-20 minutes



½ serve per portion

Ingredients

400g Kent pumpkin, deseeded and peeled, diced

1 large apple (or 2 small), peeled and cored, diced

3 eggs

2 teaspoons vanilla essence

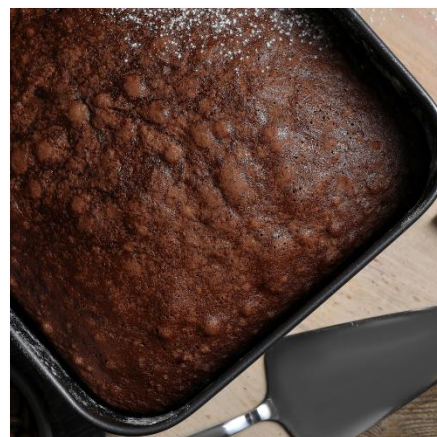
120g margarine, softened

½ cup honey

1 ½ cups plain flour

2 teaspoons baking powder

½ cup cocoa



Discretionary Food

Method

BRING a pot of water to the boil and add pumpkin and apple. Cook until softened, then drain well and mash. Set aside to cool.

PREHEAT oven to 190° C (170° C fan forced) and line a slice tin (or similar) with baking paper.

WHISK together eggs and vanilla essence in a large bowl.

ADD the cooled pumpkin and apple, softened margarine and honey and mix until smooth.

SIFT flour, cocoa and baking powder into the mixture and mix until combined.

POUR mixture into pan and bake in oven for 15-20 minutes, or until a skewer comes out clean.

COOL before cutting into 12 squares.

Note: To make a gluten-free version, replace the plain flour with ¾ cup coconut flour and add an extra egg.

Recipe courtesy of Gabriella Field, Tin Can Bay Branch