

Gluten Free/Low Fructose CHOCOLATE BROWNIE

Cooking: 10 mins

Makes About: 16



THE INGREDIENTS

1 cup almond meal
3 tablespoons Rice Malt Syrup
Pinch Salt
Half cup of butter
2 eggs
50g of 85% dark chocolate. I use Lindt
1/2 teaspoon bi carb soda
1 teaspoon vanilla essence
1/2 teaspoon Stevia powder
1 cup chopped nuts (optional). I use macadamia because we love them.

THE FUN PART

Preheat oven to 150 deg Celsius

1. Melt butter, chocolate and RMS in a microwave or over a double boiler.
2. Mix in the rest of the ingredients.
3. Pour into lamington tin about 28 x 18cm
4. Cook for about 10 minutes. It doesn't need very long. Keep an eye on it and don't overcook it. It's done when you press on it and it springs back slightly.
5. Serve with cream and a lovely hot brewed beverage.