

Clean sweetening with Luke Hines

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Editor Maddie Lakos caught up with author and trainer Luke Hines to find out more about his clean sweetening journey. Check out his one bowl choc-nut raspberry brownie recipe below.

Clean eating doesn't mean giving up dessert and Luke is a firm believer of sticking to what makes you happy and works for you. Hello desserts.

His new book, [Eat Clean](#), is a true testament to his motto and focuses on finding joy in the kitchen.

“Clean eating to me means working out what foods work for your body in particular, and celebrating them in a really easy and sustainable way that tastes great,” says Luke. “It doesn’t matter what you identify it as, as long as you absolutely enjoy and do it long term – our relationship with food should be loving and happy.”

With a soft spot for chocolate and raspberry flavour combinations, Luke shares his delicious one bowl choc-nut raspberry brownies:

Ingredients (makes 12)

- 60 g (½ cup) [cacao powder](#)
- 100 ml coconut oil, melted

- 125 g Lemon-Macadamia Butter (see recipe right)
- 140 g (1 cup) coconut sugar
- 4 eggs
- 100 g (1 cup) almond meal
- 160 g (1 cup) [macadamia nuts](#), roughly chopped
- ½ tsp [ground cinnamon](#)
- 1 vanilla pod, split and scraped
- Pinch of sea salt
- 125 g (1 cup) fresh raspberries

Lemon-macadamia butter (makes about 310 g/2 cups)

- Finely grated zest and juice of
- 1 lemon
- 320 g (2 cups) macadamia nuts
- 125 g coconut butter or coconut oil

Method

Preheat the oven to 180°C and line a 20 cm square baking tin with baking paper.

Place all the ingredients except the raspberries in a bowl and mix to form a batter.

Spread the batter evenly over the prepared baking tin, dot the raspberries evenly over the surface and bake for 25 to 30 minutes, or until the top is looking firm and crunchy and gives a little resistance when lightly touched. Remove from the oven and leave to cool in the tin, then cut into 12 pieces. Store in an airtight container for up to 7 days.

For the lemon macadamia butter, place all the ingredients in a food processor and blitz together until smooth and creamy, adding a splash or two of water if you need to loosen it up a little.

For more recipes and the full interview with Luke Hines grab the October 2016 edition of [nourish magazine](#).

Recipes: [Luke Hines](#)

Images: [Mark Roper](#)

NEXT: Feeding more chocolate treats? These [metabolism-boosting chocolate brownies](#) are a must.

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