

Almond butter choc brownies

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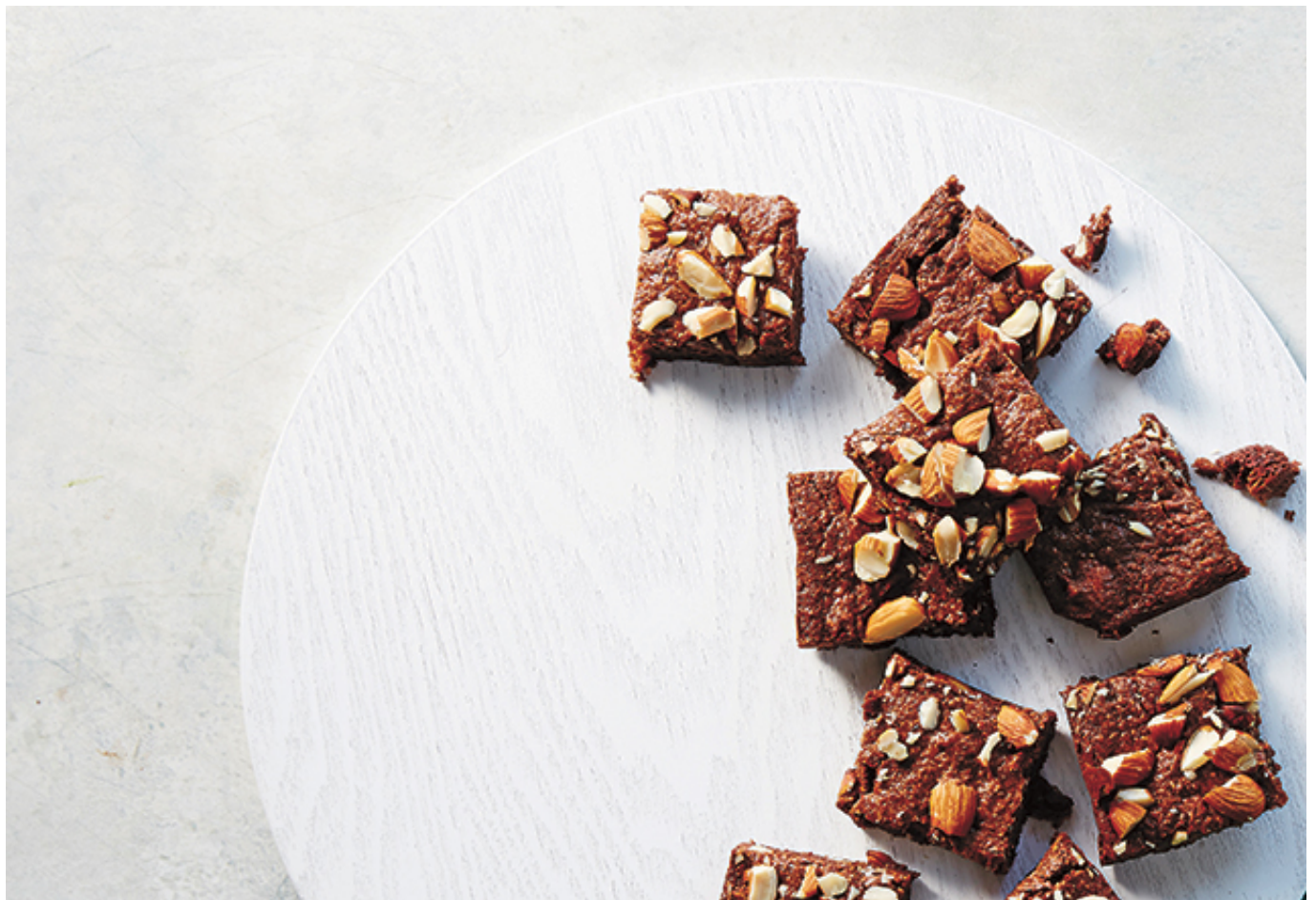
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Supercharge your immune system with these calcium-rich brownies. The only problem you'll have is to stop at one.

Ingredients

- 1 cup almond meal
- $\frac{1}{4}$ cup cacao powder
- $\frac{1}{2}$ cup roughly chopped almonds (activated if possible) plus extra to serve
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup almond butter
- 2 tbsp coconut oil, melted
- Pinch of salt flakes
- $\frac{1}{4}$ cup almond milk (if needed)
- Coconut ice-cream (optional), to serve

Method

Preheat the oven to 180°C and line a 21 centimetre x 18 centimetre baking tin with baking paper.

Place the almond meal, cacao and chopped almonds in a large bowl and mix together. Make a little well in the centre of the mix and pour in the maple syrup, then add the almond butter, coconut oil

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and salt and give everything a good old mix about to form a smooth batter, gradually adding the almond milk if it needs thinning out.

Using a spatula, scrape the mix into the prepared baking tin and smooth the top. Scatter over a few extra chopped almonds and bake for 15 to 20 minutes, or until a skewer inserted in the centre comes out clean. Leave to cool on a wire rack for 15 minutes before cutting into 12 pieces.

Recipe by [Lola Berry](#).

These recipes are a taste of Food to Make You Glow by Lola Berry, published by Plum. Available now, \$39.99.

Serve warm or cold with a scoop of coconut ice-cream for dessert

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