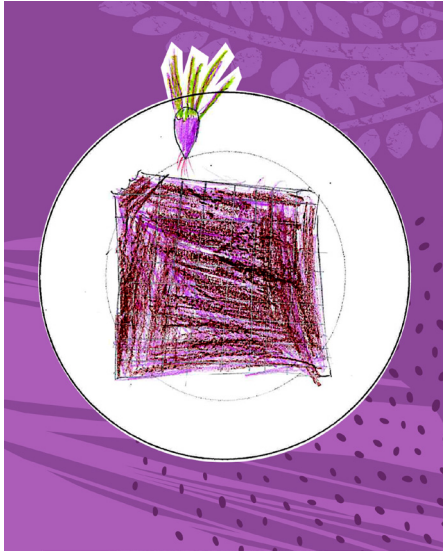




WHY WE LOVED IT

This recipe is a really great way of using vegetables in an interesting way and not even noticing you're eating them! They make a healthier version of a delicious cake.

We also loved Angus' version because he eats them to celebrate the people around him that he loves, which is always a great reason for cake!



MY FAMILY FAVOURITE What are you calling your recipe?

My family favourite is called: Beetroot Brownie

MY FAMILY MOMENT The personal story behind your recipe.

This meal is special to me because we share it at celebrations like
birthdays or just for fun with my school friends.

I eat this meal with family friends and others because there is enough to
share

INFO:

Total time: **55 minutes**

Serves: **15-20 brownies**

INGREDIENTS:

500g whole raw beetroot
(3-4 medium beets)

100g unsalted butter, plus
extra for the tin

200g bar plain chocolate
(70% cocoa)

1 tsp vanilla extract

250g golden caster sugar

3 eggs

100g plain flour

25g cocoa powder

METHOD

STEP 1

Wear a pair of rubber gloves to stop your hands from staining, then top, tail and peel the beetroot - you'll need about 400g flesh. Roughly chop and put into a large bowl. Add a splash of water, cover with cling film, then microwave on High for 12 mins or until tender.

STEP 2

Heat oven to 180C/160C fan/gas 4. While the beetroot cooks, butter then line a 20 x 30cm traybake or small roasting tin. Roughly chop the chocolate and cut the butter into cubes. Tip the cooked beetroot into a sieve, drain off any excess liquid, then put into a food processor or blender with the chocolate, butter and vanilla. Whizz until the mix is as smooth as you can get it. The chocolate and butter will melt as you do this.

STEP 3

Put the sugar and eggs into a large bowl, then beat using an electric hand whisk until thick, pale and foamy, about 2 mins. Spoon the beetroot mix into the bowl (it won't look too pretty at this stage, but bear with me), then use a large metal spoon to fold it into the whisked eggs. Try to conserve as much air in the mixture as you can. Sift in the flour and cocoa powder, then gently fold these in to make a smooth batter.

STEP 4

Pour into the prepared tin and bake for 25 mins or until risen all over, with just the merest quiver under the centre of the crust when you shake the pan. Cool completely in the tin, then cut into squares.