Gooey chocolate beetroot brownies

These little gems are dark, rich and ideal for a FODMAPer's birthday.

Keep to one portion so that you stay within the guidelines for beetroot (<20g per serving).

Remember, the smaller the slice, the lower the calorie content!

Ingredients

Makes 20

- **300g peeled, pre-cooked beetroots**
- 250g dark chocolate, broken into pieces
- 250g butter, softened
- 300g caster sugar
- 3 medium eggs
- 75g gluten-free plain flour
- 50g cocoa powder
- ½ tsp xanthan powder
- ½ tsp baking powder
- pinch of salt

Method

Preheat the oven to 180°C.
Line a 33cm x 25cm baking pan or dish with non-stick baking paper.

Place the pre-cooked beetroot in a food processor and blend for a few minutes, until a smooth purée forms. Set to one side.

Melt the chocolate in a heatproof bowl set over a saucepan of simmering water or in the microwave and set aside.

Cream the butter in a food mixer until soft. Add the sugar and continue to mix until it turns light and fluffy.

Beat the eggs gently in a separate small bowl, then gradually add to the creamed butter mixture, beating all the time.

Beat in the puréed beetroot and melted chocolate, then sift in the remaining ingredients and fold in until fully combined.

Pour the batter into the prepared baking tin and even out the top with a spatula. Bake in the oven for 30–35 minutes, until the centre is almost set but still wobbles when you gently shake the tin.

Remove from the oven and place on a wire rack to cool. Allow to cool completely in the tin before carefully removing the brownies and cutting into squares to serve.