



# Healthy Brownie & Chocolate Ganache Recipe



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## Brownie Ingredients:

(12 Servings)

- 2 1/2 cups ground almonds
- 1/2 cup unsweetened cocoa powder
- 1 1/2 cups pitted dates
- 1 1/2 tsp baking powder
- 1 tsp bread soda
- pinch sea salt
- 1 cup boiling water
- 3 whole eggs (or 3 chia eggs for vegans)
- 2 Tbsp coconut oil
- 2 tsp vanilla extract
- (Optional: 2 Tbsp maple syrup)

## Ganache Ingredients:

- 4 Tbsp cocoa powder
- 2 Tbsp coconut oil
- 4 Tbsp coconut milk or any milk
- 2 Tbsp maple syrup
- 2 tsp vanilla

## Method:

- 1.-Just mix in a bowl all your dry ingredients with a whisk, ground almonds, cocoa powder, baking powder, bread soda and sea salt, mix well and set aside.
- 2.-Blend with a hand blender all your wet ingredients together, dates, boiling water, vanilla, maple syrup and eggs. (While hot).
- 3.-Mix together all wet and dry ingredients until well combined. Do not over mix.
- 4.-Bake in a Brownie tin lined with greaseproof paper at 160C Gas Mark 3 for 35-45 minutes. Let cool before decorating.

## Ganache:

Just melt gently together all ingredients, coconut oil, cocoa powder, coconut milk, maple syrup and vanilla. Mix well with a whisk, allow to cool slightly and decorate your brownie. Or You could just melt dark chocolate with coconut milk & maple syrup.

**Nutrition Tips:** We all should include more greens, berries, nuts, seeds and vegetables in our daily diets. Here are "brain healthy" food groups that help protect against Alzheimer's: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, green tea, turmeric, ginger, cinnamon, rosemary, garlic, etc. Here are the food groups you should avoid: Trans fats, processed foods, gluten, margarine, processed dairy products. These foods cause inflammation and circulation problems, restricting blood flow to the brain.