

# CHOCOLATE BROWNIE

A recipe made in a mug, that can be cooked in the microwave!



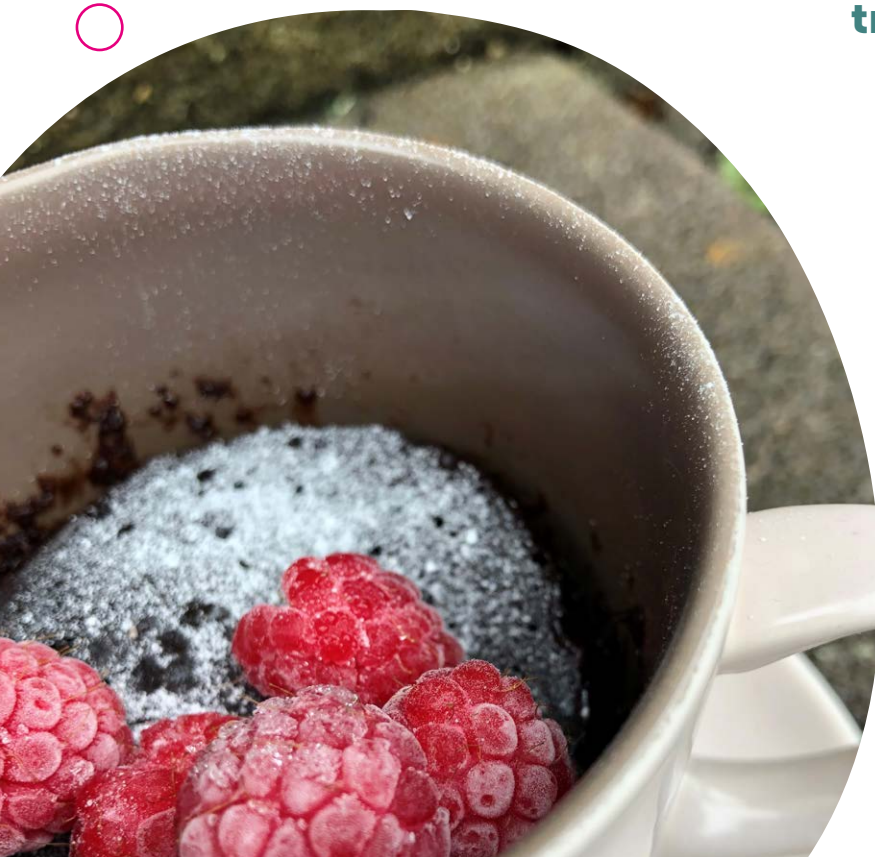
## INGREDIENTS

- 30g plain flour (can use gluten free)
- 50g caster sugar
- 13g cocoa powder
- Pinch of salt
- Small pinch of cinnamon (optional)
- 4tbsp water
- 2tbsp melted butter or oil
- ¼ tsp vanilla extract (optional)
- 1 handful of fresh or frozen fruit.

## HOW TO MAKE IT

1. Measure the dry ingredients and add them to the mug, these are the flour, sugar, cocoa, salt and cinnamon, if using. Mix with a spoon to break up any lumps.
2. Add the wet ingredients, these are the melted butter or oil, water and vanilla, if using. Mix well until smooth. The mixture will be quite wet and look shiny.
3. Microwave on high power until the mixture is just cooked. In a 100-watt microwave, this is likely to take just 1 minute and 40 seconds.
4. Leave the brownie to stand for 1 minute before topping with fruit.

**Perfect for quick, tasty treat to serve one.**



## Allergy Aware

**Dairy** (milk, butter, cheese).

**Cereals** containing gluten (flour, pasta, breadcrumbs).



# EAT WELL

## HEALTHY BODY, HEALTHY MIND

- This chocolate brownie recipe is a real treat and can be eaten occasionally as part of a balanced diet.

## LEFTOVERS AND REDUCING WASTE

- Buy frozen fruit (store in the freezer) and use what you need when you need it. This will reduce waste.

## SHOPPING

- Visit your local market to select seasonal fruit for this recipe.
- Consider a visit to a pick-you-own farm or foraging trip to gather fruit such as strawberries or blackberries.

## USING YOUR STORE CUPBOARD

- Plain flour
- Cocoa powder
- Ground cinnamon
- Vanilla extract
- Caster Sugar.

## COOKING TOGETHER

### Involve younger children and older people in:

- weighing and measuring
- mixing/whisking
- seasoning and tasting
- presenting and serving.

## GROWING SUGGESTIONS

- Strawberries and blueberries are easy to grow in pots.
- You can get raspberry plants and fruit trees that you can grow on a patio.

### SKILLS

- Weighing and measuring
- Mixing/whisking
- Using the microwave.

### MIX UP FLAVOURS!

- **Spring fruit that can be used:** rhubarb.
- **Summer fruit that can be used:** blueberries, raspberries, strawberries.
- **Autumn fruit that can be used:** blackberries, plums.
- **Winter vegetables that can be used:** apples, pears.

### Store-wise

Eat the chocolate brownie while still warm.

Not suitable for keeping as the mixture will dry out quickly.