

DESSERT

Serves: 8 – 12

Glycemic Load: 8



Chocolate Brownie

Ingredients:

1 can chickpeas, drained and rinsed,
or ½ cup of [dried chickpeas](#) that you've
soaked and cooked yourself

4 free range eggs

½ tsp [baking powder](#)

½ cup Low Gi cane sugar

½ block 72% or greater dark chocolate

½ cup chopped [walnuts](#)

Method:

Preheat oven to 175°C.

Line a 9x9 baking tin with baking paper.

Combine the chickpeas and eggs in the bowl of a food processor.

Process until smooth.

Add the low GI sugar and the baking powder, and blend.

Melt the chocolate with the [double-boiler technique](#).

Pour in the warm melted chocolate and blend until smooth, scraping down the corners to make sure the chocolate is completely mixed.

Add the walnuts and blend quickly to mix.

Transfer the mixture to the prepared pan.

Bake for 15-20 minutes in the preheated oven, or until a knife inserted into the centre comes out clean.

Remove from pan and cool on a wire rack for 10–15 minutes.

Just prior to serving, top brownies with strawberries and serve with Greek yoghurt.