

Sugar Free brownies

Ingredients:

- 250g plain flour
- 200g butter
- Three eggs
- Four tblsp honey
- 150g cocoa powder
- One tsp baking powder
- A pinch of salt



Method:

Begin by preheating your oven to 180°C/350F/gas mark four. Then dig out a 30cm by 22cm baking tray and line it with greaseproof paper. Place your butter, cocoa powder and honey in a medium-sized bowl over a pan of simmering water and stir gently until melted. Beat your eggs in a separate bowl. Sieve your flour and baking powder in yet another bowl. Then remove the chocolate from the heat and quickly whiz in the eggs. Then fold your dry ingredients in slowly. Spoon your mixture into your baking tray and place in the centre of the oven. Baking should take approximately 20 minutes. The top of your brownies need to be firm to the touch but a skewer inserted in the middle needs to come out slightly sticky. Leave to cool on the side for a few minutes, then cut into squares and place on a rack. Serve either while still warm or eat at your leisure once cool.