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Sourdough Brownies

(makes 16 squares)

I love chocolate & I'm always looking for ways to enjoy it in as healthy a way as possible i.e. less sugar & less of the bad fats. Just to be clear: these are not low-calorie! Simply better quality ingredients that contain health benefits..

This is my recipe for dark chocolate brownies, that are so rich & chocolatey that you could easily satisfy a craving with just one square! These are not for kids! Enjoy 😊

INGREDIENTS

150g xylitol (granulated)
110ml organic maple syrup
170g jar of almond butter (meridien)
220ml of room temperature filtered water
120g of activated starter
150g or 1½ bars of dark chocolate (70% cocoa solids)
50g of raw cacao powder
50g of broken up pieces of dark chocolate
(I use the remainder of the 2nd bar)
2 eggs + 1 egg white
2 Tbsp of water
1 tsp of organic vanilla bean extract (paste or liquid)
½ tsp of salt
Flaked sea salt for topping

INSTRUCTIONS

1. Pre- heat the oven to 180C
2. Take a 20 x 25cm shallow roasting tin & line with parchment paper. I grease the tin with a little coconut oil, then place the paper in it & press it into the sides & corners. Trim off the edges. This is now ready for the brownie mix.



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Make the Brownies

- Melt your chocolate: Break up your chocolate (150g) into a glass or ceramic bowl and place over a pot of simmering water on a low heat.
- Now add in the whole jar of almond butter & stir. Don't worry if the almond butter is clumpy, this will incorporate after a while. Remove from the heat when all the chocolate has melted. Now using a fork, beat the mixture until the almond butter is smooth, well incorporated & no longer lumpy. Set aside.
- Next in a separate bowl, add your eggs + egg white, salt & both sweeteners: xylitol & maple syrup. Using an electric whisk, beat the mixture until it is pale & frothy.
- Add the water & vanilla essence & continue to whisk until the sugar has dissolved & no longer feels gritty at the end of the bowl. This could take up to 10 mins of whisking...
- When ready, add your melted chocolate mixture into the egg mix, along with the sourdough starter & raw cacao. Use a large spatula to combine everything really well.
- Now pour this mixture into your prepared tin. Then break up the rest of the chocolate from the 2nd bar (I use a meat tenderiser to do this)
- Now take your broken pieces of chocolate & push them into the wet brownie mix burying them. Now add a sprinkling of flaked sea-salt on top – its officially ready to go in the oven now!
- Cook for exactly 22 minutes at 180C in a fan oven to ensure they are gooey & fudgy in the centre.
You can insert a toothpick into the centre. It should come out with brownie mix on it but not dripping. You could replace for a further 2-3 mins if you like them firmer...
- Remove from the oven & allow to cool – then lift out of the tin using the paper & place on a wire cooling rack to cool completely before slicing in to 16 squares.
- You can store these in an airtight container in the fridge for up to 5-6 days (if they last that long!) I usually freeze half for a later date. They can be take out individually should a craving hit you & they defrost very quickly...