



Horatio's Garden's

VEGAN BROWNIES

Ingredients

- 3 spotted/black bananas, peeled
- 1 tin of black beans with their juice
- 6 Medjool dates, destoned
- 125g cacao powder
- 60g buckwheat flour
- 2 level tsp baking powder
- 50ml organic coconut oil
- 50ml almond milk
- 1 tsp natural vanilla extract
- 1/2 tsp salt
- Large handful of pecans and walnuts

Instructions

1. Preheat the oven to 180 degrees Celsius and line a 23cm brownie tray with baking parchment.
2. Put everything except the handful of nuts, into a food processor and process until very smooth, scraping down the sides as you go.
3. Give the handful of nuts a quick rough chop, then add to the processor and pulse until they are smaller but still chunky.
4. Scrape into the brownie tray, smooth the surface and put into oven for approx 30 minutes. They will be fudgy when cooked but a skewer should come out clean.
5. Cool completely before cutting and decorate with edible flowers if using.

For a floral finishing touch, why not use edible dandelion, viola and pansy petals to decorate your bake



ngs.org.uk/gardenparty

Charity Number 1112664