



## FUDGY TAHINI CHOCOLATE BROWNIES

*gluten, dairy & refined sugar free*

**Prep time:** 10 minutes

**Cook time:** 35 minutes



@maryelizabethwellness

## INGREDIENTS

- \* 100g tahini
  - \* 50g honey
  - \* 1 tsp vanilla extract
  - \* 1 large egg (or flax egg)
  - \* 30g chocolate protein powder
  - \* 20g almond / oat flour
  - \* 10g cacao powder
  - \* 1/4 tsp bicarbonate of soda
  - \* Pinch of Celtic / Sea salt
  - \* 100ml milk of choice
- Optional extras:**
- \* 1 tsp maca & cinnamon
  - \* Handful chopped walnuts or pecans
  - \* 40g dark chocolate chunks (70%+)
  - \* Seeds of your choice (see below)

## METHOD

- Preheat oven to 190°C (fan 170°C).
- Line a small loaf tin or 15cm square tin with baking paper.
- Whisk the tahini, honey, vanilla, and egg until smooth.
- Stir in protein powder, flour, blended seeds, cocoa powder, bicarb & salt.
- Fold in chocolate chunks and any extras.
- Pour into tin, smooth top, add extra chocolate if desired.
- Bake for 30-35 mins until edges are set but the centre is slightly soft.
- Cool completely before slicing.

## SEED CYCLING

*(whizz with the flour)*

- |  |   |
|--|---|
| * 1 tbsp flax seeds  | * 1tbsp sesame seeds                                |
| * 1 tbsp pumpkin seeds                                     | * 1tbsp sunflower seeds                             |
| <i>for menstruation &amp;<br/>follicular phase support</i> | <i>for ovulation &amp; luteal<br/>phase support</i> |

*enjoy!*

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