

# Dark Chocolate Yoghurt Brownies



Recipe to make **16** brownies.

You will need these

## ingredients:

- 285g fat free Greek yoghurt
- 180g dark chocolate chips
- 80g caster sugar
- 100ml almond milk
- 100g plain flour
- 50g cocoa powder
- ½ tsp baking soda

You will need this

## equipment:

- Square baking tray
- Large mixing bowl
- Small bowl
- Sieve
- Metal spoon
- Cooling rack
- Baking paper

## Instructions:

1. First heat the oven to 190°C/170°C fan and line a square brownie tray with greaseproof paper (baking paper).
2. Melt 100g of chocolate chips. This can be done in a microwave or on the hob (you can place a bowl over a pan, half filled with boiling water and heat until completely melted).
3. Remove from the heat and allow the chocolate to cool for a few minutes.
4. Transfer to a large bowl and add the Greek yoghurt.
5. Use a spoon to mix until smooth and fully combined.
6. Sift in the flour, baking soda and cocoa powder and then mix to combine.
7. Add in the sugar and then mix again.
8. Pour in the milk and mix thoroughly.
9. Fold in the remaining chocolate chips and transfer to the square tin.
10. Bake in the middle of the oven for 45minutes.
11. Remove the brownies from the oven and place the tin onto the cooling rack. Leave the brownies in the tin to cool completely.
12. Cut the brownies into 16 equal slices.

Keep in the fridge in an airtight container for up to 3 days. Or, these can also be frozen.

Calories (per brownie)	Fat	Saturated Fat	Sugar	Protein
123 calories	4.1g	3.5g	12.6g	3g