

Taste the Hills

Recipes and Tips

Freaky Brownies!

This recipe uses milled Freekeh instead of flour. "Why?" You might ask. Well, I had some left over from making a polenta style dish which was worth experimenting. The result is a batch of soft, brownie-ish squares which went down very well this weekend with a scoop of cream. So feel free to muck about with this recipe as it still a work in progress.

Freekeh is a wholewheat grain which due to its process, is high in protein and other good things. It has a comforting, malty taste.

250g ground freekeh grains	100g white chocolate, chopped
600ml water	200g light brown sugar
½ tsp salt	1/2tsp cinnamon
1tbsp cocoa	½ tsp baking powder
100g rolled oats or oat bran	2 eggs, beaten
100g butter or coconut oil	

Cook the freekeh in a saucepan with the water and salt for 2 minutes until it feels soft and looks like porridge. Allow it to cool a little.

Preheat oven to 180 degrees and line a brownie or Swiss Roll tin with baking paper.

Melt the butter with the brown sugar. Stir in the cocoa. Tip this into the freekeh pan with the cinnamon, eggs, oats, white chocolate and lastly the baking powder. The mixture should be sloppy.

Tip it into the tin and spread it around and bake for about 30 minutes. Leave to cool in the tin before cutting into squares. (That said, we cut it when it was still warm and ate the whole lot between the 6 of us)

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