

Chocolate & Pear Brownie

Allergens – **Gluten**, **Milk**, **Eggs**

Ingredients

| Quantity | Ingredient |
|----------|--|
| 150g | Margarine Stork |
| 150g | Sugar Granulated |
| 150g | Eggs (3) |
| 200g | SR Flour (contains Wheat) |
| 40g | Cocoa Powder |
| 250g | Pear Halves (in juice) |



Method

1. Melt margarine and add sugar.
2. Slowly add the beaten eggs, flour and cocoa powder.
3. Add the pears to the mixture taking care not to over mix.
4. Spread the mixture into a greased tin, again do not over work.
5. Place into oven and bake at 180°C, 350°F, Gas Mark 4 for 15-20 minutes or firm to touch.
6. Cool and cut.

Nutritional Content per 45g

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (g) | Carbs (g) |
|---------------|---------|--------------------|-----------|----------|-----------|
| = 135.5 | = 7.6 | = 1.8 | = 8.0 | = 0.3 | = 15.7 |

Portion size - Primary – 45g