

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 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 141.7	= 7.6	= 1.8	= 8.7	= 9.7	= 0.3	= 17.3

Portion size - Primary – 50g

Reviewed September 2018