

# Dark Chocolate Brownie Bites

Makes 30 brownie bites

## Ingredients

- 1 tin lentils, drained and rinsed
- ¾ cup cocoa powder
- 2 large eggs
- 3 T canola oil
- 2 tsp vanilla essence
- 1 tsp cinnamon
- ½ cup brown sugar
- 2 tsp baking powder
- ¼ tsp salt
- ½ cup dried cranberries, dates or apricots, chopped (optional)

## Method

1. Preheat the oven to 180 C
2. Coat a miniature muffin tray with non-stick spray
3. Using a food processor or blender, mix all the ingredients until well combined
4. Spoon the mixture into the mini muffin tins until half full
5. Bake for 15 minutes, or until a skewer comes out clean

## Notes:

- If you do not have a mini muffin pan, bake all the mixture in a shallow oven tray and cut into small squares (bite –sized)
- Brownie bites can be frozen
- Enjoy a brownie bite with a cup of tea or as a lunch time dessert
- Brownie bites make great lunch box additions
- Add brownie bites to a children’s party table
- Serve brownie bites with ice cream instead of chocolate sauce

*Recipe by Kelly Francis*  
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