

CHOCCY & BANANA BROWNIES

Ingredients

5 tablespoons reduced fat cocoa powder
2 cups of sugar replacement
5 tablespoons skimmed milk
3 large ripe bananas mashed
1 teaspoon vanilla essence
5 Egg whites
3oz self raising flour
3oz oat bran

Method

Pre heat oven to 180 degrees / Gas Mark 4 & line 8inch square tin with non stick baking paper

Blend reduced fat cocoa powder with 1 tablespoon of the sugar and the milk.

Add the bananas, vanilla & rest of sugar.

Lightly beat egg whites. Add the chocolate mix & continue to beat well.

Sift flour over the mixture & fold in with the oat bran & pour into prepared tin.

Cook in oven for 40 minutes. Cool in tin for 10 minutes then turn out of tin. Cut into squares.

