

May Recipe:

Chocolate Berry Slice

Who would have thought that you could eat this luscious chocolate cake and still maintain your healthy lifestyle!



Make sure that you use a good quality cocoa powder, not drinking chocolate, and the result will be worthy of any special celebration!

Makes 18 squares

Preparation time 15 minutes

Cooking time 45 minutes

Ingredients:

3 eggs

75ml sunflower oil

200ml buttermilk

3/4 cup caster sugar

220g self-raising flour

1/3 cup cocoa powder

1/2 teaspoon bicarb soda

250g fresh or frozen raspberries, strawberries or blueberries (if using frozen make sure they are unthawed) plus:

250g extra berries, to serve (must be thawed/fresh)

750g low-fat yoghurt

- 1 Preheat oven to 170°C (150°C with a fan) and lightly spray a 20cmx25cm brownie tin with oil.
- 2 Using a hand-held beater, beat together the eggs, oil, buttermilk and sugar in a mixing bowl until well combined.
- 3 In a separate bowl sift together the flour, cocoa powder, and bicarb soda. Fold into the egg mixture then carefully add 250g of the berries and fold to combine.
- 4 Pour the mixture into the prepared tin and bake on the centre shelf of the preheated oven for approximately 45 minutes or until a cake skewer comes out clean when inserted into the middle of the slice. Remove from oven and allow to cool for 10 minutes.
- 5 Cut into 18 squares then carefully transfer to a wire rack to cool completely.
- 6 Serve with extra berries and a dollop of low-fat yoghurt.

Per serve:

Energy - 689kJ / 167kcal

Total fat - 6.1g,

Saturated fat - 1.3g

Monounsaturated fat - 1.7g

Polyunsaturated fat - 2.7g

Protein - 6.4g

Carbohydrate - 20.6g

Fibre - 2.0g

Sodium - 144mg

Cholesterol - 33.1mg