



Joint Nourishing Recipes

Festive Walnut Chocolate Brownies

- 75g/3oz walnuts or an alternative such as pecan or cashew or even use up left over chocolate chunks
- 50g/2oz dark chocolate (75 per cent cocoa solids)
- 110g/4oz butter
- 2 eggs, beaten
- 225g/8oz granulated sugar
- 50g/2oz plain flour
- 1 level tsp baking powder
- ¼ level teaspoon salt

A well greased oblong tin measuring 18x28cm/7x11in, lined with grease-proof paper.



1. Preheat the oven to 180C/350F/Gas 4.
2. Chop the nuts roughly, not too small.
3. Put the chocolate and butter together in a large mixing bowl fitted over a saucepan of barely simmering water, making sure the bowl doesn't touch the water.
4. Once the chocolate has melted, beat it until smooth, add in all the other ingredients and thoroughly blend.
5. Now spread the mixture evenly into the prepared tin and bake on the centre shelf of the oven for 30 minutes or until it's slightly springy in the centre.
6. Remove the tin from the oven and leave it to cool for 10 minutes before cutting into roughly 15 squares. Then, using a palette knife, transfer the squares on to a wire rack to finish cooling.
7. Enjoy!

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