

Low FODMAP Double Chocolate Brownies

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Ingredients: makes 12 brownies

- 1/2 cup gluten free flour*
- 1/2 cup rolled oats
- 1/4 tsp baking powder
- 1/3 cup cocoa powder
- 2/3 cup caster sugar
- 2 eggs, lightly beaten
- 75g butter, melted
- 1/4 cup plain Greek yoghurt (lactose free if required)
- 1 tsp vanilla essence
- 1/4 cup dark chocolate chips



Method:

1. Preheat oven to 180 degrees C. Line a slice/brownie tin (20 x 30cm) with baking paper
2. Add rolled oats to a food processor and blitz into a fine flour. Add to a large mixing bowl.
3. Sift flour, baking powder and cocoa powder into the mixing bowl with oats. Stir in sugar.
4. Make a well in the centre of the flour mixture. Add eggs, vanilla essence, melted butter and yoghurt. Stir until just combined.
5. Using a spatula, gently fold in chocolate chips, taking care not to overmix the batter. Add a dash or two of milk if batter seems too thick to pour into tin.
6. Pour mixture into prepared slice tin and bake for 20-25 minutes, or until a skewer inserted into the middle comes out with a few crumbs clinging.
7. Allow brownies to cool completely before removing from tin and slicing. Serve dusted with icing sugar or extra cocoa powder if desired.