

Equipment

Measuring cups and spoons

Scale

Mixing bowls

Mixer

Baking tray

Ingredients

300 gms pumpkin puree

2/3 cup peanut butter (100% peanuts)

1/4 cup choc-chips (vegan: swap for
vegan choc- chips)

1/4 cup cocoa

1/3 cup SR Flour

3 tsp cocoa (decoration)

1tsp vanilla extract

1 tbs maple syrup

1/4 tsp salt

1/4 tsp cinnamon (Optional)

1/3 cup sugar

Pumpkin Brownie

Pre-heat oven to 180c

Method

1. Chop pumpkin into small pieces and boil until soft, then puree.
2. Gently warm peanut butter until soft.
3. Combine all ingredients in a bowl and mix gently until smooth
4. Spread into slice tray, lined with baking paper.
5. Bake on centre rack for 30 mins. Top should be 'crunchy' but the middle soft or to desired texture. It will harden a bit while it cools.
6. Allow to cool to harden.
7. Serve with ice-cream, cream, rhubarb coulis or berries.

