



YUMMIES
for Little Tummys

CHOC BEETROOT BROWNIE

SHHH! DONT TELL THEM IT'S HEALTHY



Ingredients

Beetroot, Wholemeal Flour, Cocoa,
Cinnamon, Brown Sugar, Vanilla Bean
Extract, Sunflower Oil, Lite Coconut Milk

Nutritional Info

Nutrition information	Values /100g	Values /portion
Calories	1,034 kJ 247 kcal	476 kJ 114 kcal
Total fat	9.4 g	4.3 g
- saturated fat	4.6 g	2.1 g
Carbohydrates	32.1 g	14.8 g
- sugar	12.5 g	5.8 g
Fiber	6.1 g	2.8 g
Protein	4.8 g	2.2 g
Salt	0 g	0.0 g

Allergens: Gluten

Alternatives: GF DF Choc Beetroot Brownie

FUN FACT: Beetroot has the highest natural sugar content of any vegetable! They are also high in Nitrates which are beneficial for cardiovascular health!

The Scoop

A brownie with vegetables?!?!

Beetroots are high in soluble fibre which traps in water, giving our brownie it's moist fudgy texture. They also add sweetness and flavour to the brownie.

Our delicious brownie is made on wholemeal flour (also adding fibre) and is low in sugar. We love it and the kids will too!

