

Macadamia Brownies with Bio-oz Buckwheat Flour

Dry ingredients

2 cups Bio-Oz Buckwheat Flour
1 cup Almond Meal
1½ cups sugar
2 tblspns cocoa powder
1 tspn baking powder
½ tspn salt

Preheat oven at 180°C. Grease and line base of a 23cm square cake tin.

Mix dry ingredients.

Wet ingredients

2 eggs
1 tspn vanilla extract
½ cup sunflower oil
½ milk (cow, soy etc)

Add wet ingredients and mix to form a stiff dough.

2 tspn sesame seeds
¼ cup sunflower seeds
½ sultanas
½ cup raw macadamia nuts (coarsely chopped) or nuts of your choice
½ milk (cow, soy etc)

Add wet ingredients and mix to form a stiff dough.

Mix to combine nuts and seeds. Spread mixture into prepared cake tin. Bake at 180C approx 45 mins. Tip slice out onto cake rake for cooling before cutting into 16 squares.

Makes 16.

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