

Prep 12 min
Bake 18 min
Serves 10 people

## INGREDIENTS

- 400g Essential Organic Dark Chocolate Spread (S140P)
- 45g Essential Chia Seeds (S005X)
- 70g Sour Cherries (F201Y)
- 100g Plain Flour
- 100ml Water
- 100ml Alternative Milk

## METHOD

Pre heat the fan oven to 160°C.

Pour the chia seeds and the water into a small bowl, mix and refrigerate for 10 minutes.

In a larger mixing bowl, add the dark chocolate spread and whip until super smooth. Add the chia mix once this has cooled. Chop the sour cherries into smaller pieces and sprinkle them into the mix.

Sieve in the flour and fold into a thick fudge consistency. Gradually pour in the milk whilst stirring, and do this for 2 minutes until the brownie mix is smooth and thick. Pour the batter into a 20cm x 20cm tin lined with baking paper.

Bake the brownie mix for around 18 minutes. Take out to cool for 15 minutes and then refrigerate overnight or serve warm with ice cream.