



Chocolate Brownies

(makes approx. 10 bars)

Thanks to adult mito warrior James Burley-Jukes, who's very kindly provided this recipe for us from his book, Baking Blind. James is partially sighted due to LHON (a form of mito).

INGREDIENTS

- 200g chocolate, roughly broken up
- 200g butter
- Pinch of salt
- 2 eggs
- 200g sugar
- 80g plain flour
- 15g cocoa powder
- 40g white chocolate, chopped or cranberries (optional)

Gluten Free Alternative

To make the recipe gluten free simply swap out flour for ground almonds.

Blind Hack #1

Use a silicone tray and then you don't need to grease or line it.

Blind Hack #2

Use talking scales as they are really useful.

1. Preheat your oven to 160C and prepare a 20cm square tray.

2. Place the chocolate, butter and salt in a saucepan.

3. Place the pan on a low heat on the stovetop until the ingredients have melted.

4. Either in a stand mixer or with an electric beater, in a separate bowl whisk the eggs and sugar together on high for about 4 minutes, until the mixture becomes thick and moussey.

5. Add the melted chocolate mixture to the egg mixture and gently stir to combine.

6. Add in the flour and cocoa and slowly mix.

7. If you're adding white chocolate or cranberries, add them now and fold in by hand.

8. Pour the mixture into the prepared tin and bake for 25 minutes.

9. Once baked, leave to cool in the tin then remove and cut into 10 bars.

