

Martina's Brownies (Gluten-Free, Casein-Free)

INGREDIENTS:

- 5 eggs
- 200 g of high-quality dark chocolate (80-90% cocoa)
- A handful of sunflower seeds
- ½ cup of ground almonds
- pinch of baking soda
- 2 grated apples (or carrots)
- 2 tablespoons of coconut oil

INSTRUCTIONS:

1. Melt the chocolate in coconut oil.
2. In a bowl, mix all the ingredients together with the egg yolks. Add the melted chocolate and finally fold in the whipped egg whites.
3. Line the bottom of a baking pan with parchment paper. Bake at 180°C (356°F) for approximately 30-35 minutes (depending on the oven). The cake should remain moist from the apples and not dry out.
4. Use about ¼ teaspoon of baking soda.
5. This recipe works well for a square baking pan measuring 22 cm.