



Chocolate Courgette Brownies

These moist chocolate brownies contain courgette so are rich in magnesium. Magnesium can help you sleep, help avoid cramps, improve your brain health, regulate your heart rate and blood pressure. Are you getting enough magnesium? Courgette is rich in the antioxidants lutein and zeaxanthin, as well as vitamin K and magnesium, all of which can help strengthen bones.

Serves: 16, Prep time: 00:15, Cook time: 00:30

Instructions

1. Preheat oven to 350 degrees F / 180 C. Line an 8-inch-square baking pan with foil, letting it overhang on the sides; coat with cooking spray.
2. Melt butter in a large saucepan over medium-low heat. Remove from heat, add unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in courgette and vanilla.
3. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and 1/2 cup pecans (if using) until just combined.
4. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with

Ingredients

- 8 teaspoon Butter, unsalted
- 4 ounces Chocolate, dark, unsweetened
- 1 cups Sugar, brown
- 0.25 teaspoon Sea Salt
- 1 cups Courgette, shredded
- 1 teaspoon Vanilla Extract
- 2 Eggs, Large, Free Range
- 1 tablespoon Flour, wheat, white
- 0.75 cups Chocolate chips, chopped semisweet chocolate or chocolate chips
- 0.66 cups Pecan Nut, Toasted, coarsely chopped, divided (optional)

the remaining pecans (if using).

5. Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.

One Brownie contains 34.5mg of magnesium, 3.3g of protein, 25.5g carbs and 220 calories

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