

Spiced Brownies with Caramelized Pecans

50–60 Min

Preparation

1. Preheat the oven to 180°C (356°F). Add the flour, sea salt, baking soda, cacao, ground cinnamon, ground ginger, ground cloves and ground cardamom to a large bowl. Whisk the plant-based milk in a bowl with the apple cider vinegar.
2. Melt the coconut oil over a low heat, chop the chocolate into small pieces and stir into the oil until it has melted.
3. Then add the sugar and whisk well. Mix the sugar and chocolate mixture and the milk with the dry ingredients. Halve and scrape out a vanilla pod, add to the rest of the ingredients and combine thoroughly to form a dough. Chop half of the pecan nuts and fold into the dough.
4. Line a small rectangular baking tin with baking parchment and pour in the dough. Bake for 30 minutes at 180°C (356°F) using the conventional oven setting.
5. Chop the remaining pecan nuts and heat them in a pan over a medium together with the remaining coconut oil and sugar and stir constantly for 3–4 minutes until caramelized.
6. Spread the caramelized nuts immediately onto baking parchment and leave to cool. Serve the brownies with the pecan nuts and enjoy.

Ingredients 4 Portions

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170 g	Spelt flour
4 tbsp.	Cocoa
60 ml	Coconut oil, melted
150 g	Dark chocolate
240 ml	Plant-based milk
1 tsp.	Apple vinegar
150 g	Raw cane sugar
150 g	Pecan nuts
1 tsp.	Baking Soda
1 tsp.	Cloves, Ground
1 tsp.	Organic Ginger, Ground
1 tsp.	Cinnamon, Ground
1 piece	Bourbon Vanilla Pods, Whole
1 pinch	Sea Salt, Coarse

For the caramelized pecan nuts

150 g	Pecan nuts
50 g	Raw cane sugar
1 tbsp.	Coconut oil