

RECIPES FOR SUCCESS: SEA SALT AND WALNUT BROWNIES



deliciously
ella^{de}



Ella Mills, Founder

Deliciously Ella is one of our amazing partners who we have been working with throughout this year to raise money and awareness for all the work we do at the **Trussell Trust**, and now is supporting us on our Tea for Trussell fundraiser by providing this mouth-watering recipe for their sea salt and walnut brownies that you can all bake at home.

Deliciously Ella is a plant-based wellness platform with the ambition to help as many people as possible find simple and effective ways to feel better. Starting from a personal blog, they have evolved into a holistic wellness & recipe app, London restaurant, collection of recipe books, podcast, a range of delicious plant-based food products and a growing social media community that sits at the heart of what they do.

You can find out more information on deliciously ella by heading to their website
www.deliciouslyella.com

Ingredients

Makes 1 tray of brownies

- 1 tablespoon of chia seeds
- 250g coconut or brown sugar
- 200g plain flour
- 1 teaspoon of baking powder
- 5 tablespoons of cacao powder
- 150g melted coconut oil
- 250ml almond milk
- 80g walnuts
- Large pinch of sea salt flakes

Instructions

1. Preheat the oven to 180C, fan setting. Line a deep sided baking tray with baking parchment.
2. Place the chia seeds into a small bowl and mix with 4 tablespoons of water. Leave to one side to thicken up for 10 minutes.
3. While the chia seeds soak, place the coconut or brown sugar, plain flour, baking powder, cacao powder and a pinch of sea salt into a large bowl and mix well to remove any lumps.
4. At this point, pour in the melted coconut oil, almond milk and chia mixture. Mix well until a thick batter forms.
5. Roughly chop the walnuts before mixing half of them through the batter.
6. Spoon the brownie batter into the lined baking pan and even out the top using a spoon. Sprinkle over the remaining walnuts and another pinch of sea salt flakes.
7. Cook for 30-35 minutes until the brownie is cooked on the outside but still a little fudgy on the inside. If not fully cooked through, place back in the oven for 5-10 more minutes.
8. Once cooked, leave to cool for a few minutes before cutting into equal brownies.

