



# Brownies with Salty Caramel Sauce

## Ingredients

### BROWNIES

- ⅓ cup (80 ml ou 60 g) pitted dates
- ⅔ cup (160 ml) water
- 3 tbsp (45 ml) all-purpose flour, unbleached
- 2 tbsp (30 ml) cocoa
- 1 tsp (5 ml) baking powder
- ⅓ cup (80 ml) sugar
- 1 cup (250 ml ou 150 g) 70 % chocolate, coarsely chopped
- ½ cup (125 ml) unsalted butter, in cubes
- 2 eggs

### SALTY CARAMEL SAUCE

- 1 cup (250 ml) sugar
- ¼ cup (60 ml) water
- 1 tbsp (15 ml) corn syrup
- ½ cup (125 ml) cream 35 %
- A large pinch of salt

## YOU WILL NEED:

- set of measuring spoons
- set of measuring cups
- 1 cup to measure liquids
- 1 large bowl
- 1 small bowl
- 1 medium saucepan
- 1 small saucepan
- 1 fork
- 1 whisk
- 1 mold for 12 muffins
- 12 muffin paper liners (or reusable silicone molds)

## Preparation

### BROWNIES

- 1 Preheat oven to 400 °F.
- 2 Place muffin paper liners in the 12 muffin molds.
- 3 In a small saucepan, bring dates and water to a boil. Cook over medium-low heat until almost no water remains.
- 4 Mash the dates into a puree with a fork.
- 5 In a small bowl, combine flour, cocoa, baking powder and sugar and set aside.
- 6 In a double boiler, melt chocolate and butter, and remove from heat.
- 7 Add dates to chocolate and mix well.
- 8 Add eggs, one at a time, and mix well with a whisk.
- 9 Add dry ingredients and mix just enough to combine.
- 10 Divide between the 12 muffin molds and bake in the oven for 15 minutes. Allow to cool.

### SALTY CARAMEL SAUCE

- 11 In a medium saucepan, WITHOUT MIXING, combine sugar, water and corn syrup.
- 12 Bring to a boil over medium heat and cook until sugar turns golden, WITHOUT MIXING.
- 13 Remove from heat and gradually add cream; CAUTION: Splashes should be avoided.
- 14 Return to burner over high heat, add salt and mix to make caramel uniform.
- 15 CAUTION: caramel will be VERY HOT. Pour over brownies before serving.

*\*Caramel thickens as it cools.*



**DIETITIAN'S TIP:** For a completely decadent dessert, serve with a mix of red fruits such as cherries, strawberries or raspberries!