THE LIGHTER PLATE METHOD

Cocoa & Banana Brownies

Three ingredients, no added sugar, and properly fudgy — bananas do all the binding and sweetening.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**15 min**	**20 min**	**10**	**EASY**

Ingredients

- 3 medium bananas
- 60 g unsweetened cocoa powder
- 0.5 tsp baking powder

Method

1. Heat the oven to 200°C (fan 180°C) and line a small baking tin with parchment.
2. Mash the bananas well until they form a smooth paste.
3. Mix in the cocoa powder and baking powder until fully combined.
4. Spread into the tin and bake for 10–15 minutes in a small tin (or up to 30 minutes in a larger, shallower tin).
5. Cool completely before cutting into squares.

Tips & swaps

- These are fudgy rather than cakey by nature — don't expect a classic brownie crumb.

Storage & reheating

Keeps in an airtight container for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
60	**2g**	**12g**	**1g**	**3g**

Estimated values, for guidance only.