

1. Put chocolate and margarine in a bowl and cook on FULL power for 1 minute or until chocolate has melted.
2. Stir in other ingredients and beat well.
3. Pour into a square dish and cook on medium setting for 6-8 minutes or until firm to touch.
4. Allow to cool and cut into squares.

100gm plain chocolate
100gm margarine
100gm brown sugar
100gm self-raising flour
2tsp cocoa powder
2 eggs, beaten
½ tsp vanilla essence
100gm walnuts, chopped

'What's Cooking!' Recipe card**TREAT****CHOCOLATE BROWNIES****FOOD FACT:**

Walnuts are a rich source of the omega-3 fat, alpha-linolenic acid (ALA), and can improve artery function after a high fat meal.

Preparation time 3mins

Cooking time 7mins

Serves 4-6