

NUTRITION: Lazza's Kitchen Adventure Chocolate and Coconut Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of a Chocolate and Coconut Traybake from scratch

Coconut is a high fat fruit that is highly nutritious and has been associated with a wide range of health benefits. In particular, coconut is rich in antioxidants, has powerful antibacterial properties, and may support better blood sugar control. However, coconut is very high in fat and calories, so be sure to moderate your intake if you are trying to lose weight or need to follow a low fat diet.

Ingredients

200g Unsalted Butter (softened)
100g Golden Caster Sugar
100g Brown Soft Sugar:
3 Large Eggs
75g Desiccated Coconut (more if want)
200g Self-Raising Flour
150g Greek Yoghurt
200g Dark Chocolate for baking
200ml Double Cream

Prepare Chocolate Topping First.

I broke up the chocolate into pieces and microwaved for a minute to start the melt process, but not necessary. Heat the cream up till steaming, then pour over the chocolate and stir till all the chocolate has melted, and the mixture is smooth.

Leave to cool and then chill for around an hour to an hour and a half.

Meanwhile, make the sponge.

Beat the butter and sugars, and then whisk for 3-5 mins, or until light and fluffy.

Add the eggs one at a time, beating well after each addition.

Add the desiccated coconut, flour, yogurt, (I added a smidge of vanilla essence), and briefly beat until just combined.

Spoon the mix into the tin, smooth the surface using the back of a spoon, then bake for 30 mins until golden and firm to the touch. Leave in the tin to cool completely.

When fully cool spread over the chocolate, and chill again.

You can sprinkle with coconut flakes if you wish - it's your bake!!!

Slice up into squares and enjoy. Utterly delicious. :-)



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? More on HMHB recipe pages: www.hmhb2016.org.uk This was a great, and very tasty, bake to prepare.