

NUTRITION: Lazza's Kitchen Adventure

Peanut Butter, Pecan Brownies

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Peanut Butter, Pecan Brownies from scratch**

Marcellus Gilmore Edson, of Montreal, Quebec, Canada, obtained the first patent for a method of producing peanut butter from roasted peanuts using heated surfaces in 1884. Edson's cooled product had "a consistency like that of butter, lard, or ointment" according to his patent application which described a process of milling roasted peanuts until the peanuts reached "a fluid or semi-fluid state". He mixed sugar into the paste to harden its consistency.

Ingredients

Peanut Butter - I used Crunchy and 400g
Bar of Dark Cook Chocolate - 250g
Soft Light Brown Sugar - most recipes I saw asked for around 280g, however I put in around 200g as I felt that excessive.
3 eggs
100g Self Raising Flour
Teaspoon Vanilla Essence
Bag of Pecan Nuts

Gently melt peanut butter, chocolate and all the sugar in a pan, stirring occasionally.
Wait until all is melted. Don't over cook.
Transfer mix into a bowl to cool down slightly.
Use a wooden spoon to beat in the eggs one by one. Add Vanilla Essence.
Crush the Pecan Nuts and stir into the mixture.
Stir in the flour and scrape into the container you are using.
Heat oven to 180C/160C fan/gas 4.

You can melt some more peanut butter if you want and pour this on top. Or even sprinkle some brown sugar over the top.

Bake in Oven for around 25 minutes (mine took around 30 minutes) - careful not to burn.

You can melt some chocolate and pour over top if you want - I didn't. Leave to cool before chopping into squares.



**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.**