Brownies with Salty Caramel Sauce

Ingredients

**BROWNIES**
- ½ cup (80 ml ou 60 g) pitted dates
- ¾ cup (160 ml) water
- 3 tbsp (45 ml) all-purpose flour, unbleached
- 2 tbsp (30 ml) cocoa
- 1 tsp (5 ml) baking powder
- ½ 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.

*Dietitian’s Tip: For a completely decadent dessert, serve with a mix of red fruits such as cherries, strawberries or raspberries!*