



Long Livo

Fudgy Football Brownies - Game Day Treat

15 min
Prep time

8
Servings

25 min
Cook time

Easy
Difficulty

40 min
Total time

American
Cuisine

Ingredients

Brownie Base

- ☐ 200g dark chocolate, chopped
- ☐ 150g unsalted butter
- ☐ 1 cup granulated sugar
- ☐ 2 large eggs
- ☐ 1 tsp vanilla extract
- ☐ 3/4 cup all-purpose flour
- ☐ 1/4 tsp sea salt

Instructions

- 1 Preheat the oven to 350°F (175°C). Line a 9×13 inch pan with parchment paper, letting the edges overhang for easy lift.
- 2 In a saucepan over low heat, melt the dark chocolate and butter together, stirring gently until smooth. Remove from heat and let cool slightly.
- 3 Whisk together sugar, eggs, and vanilla until light and airy. Slowly pour in the chocolate mixture, folding until just combined.
- 4 Sift flour and sea salt over the batter; fold gently to keep the mixture airy. Pour into the prepared pan, spreading evenly.
- 5 Bake for 20-25 minutes, or until the top is set but the center still looks slightly glossy. Let cool in the pan on a rack.
- 6 Lift the brownies using the parchment overhang, shape into a football, and slice into wedges. Optionally, drizzle with melted chocolate.

Nutrition per serving

320 kcal
Calories

4 g
Protein

36 g
Carbs

18 g
Fat

Tips & notes

- For an extra glossy top, brush the batter with a thin layer of melted butter before baking.
- If you prefer a sweeter brownie, increase the sugar by 2-3 tbsp.
- A pinch of espresso powder deepens the chocolate flavor without adding coffee taste.