

Make your own Chocolate Christmas Tree Brownies



Method

Make a batch of Chocolate Brownies (loads of recipes on line!) and once cooked cut into triangular shapes. Using some green butter icing (or buy some already made up and add some green food colouring) and decorate your tree how you wish, either cover the whole tree or use a piping bag to cover the brownie in green lines, it's up to you so get creative! Once happy sprinkle with your choice of sprinkles.

For the trunk if you can get hold of some rock or candy canes – chop up and push through the bottom part of your tree! Viola!! Now eat and enjoy.

Dyspraxia Foundation Top Tip for looking after yourself this Christmas

Pace yourself and remember it's ok to say no.

Know and assert your boundaries and if something feels too much/too overwhelming be kind to yourself and do what feels best for you!

If you need to talk to someone call the **SAMARITANS** on **116 123** OR
<http://www.samaritans.org/>

