DOUBLE CHOCOLATE BEET BROWNIES
Prepared for the Edible Academy Juneteenth Celebration
by Marion Williams of Wellness In The Schools
Makes 12-14 Muffin-Sized Brownies

Ingredients
- 1 8.8-oz package pre-cooked beets, or 2 medium-sized
  beets (to make 1 cup beet puree)
- 3 eggs, at room temperature
- ¼ cup maple syrup or honey
- ½ cup brown sugar
- ¼ tsp sea salt
- 1½ tsp baking soda
- ¼ cup canola oil
- ⅓ cup applesauce
- ¼ tsp vanilla extract
- ½ cup unsweetened cocoa powder
- 1 ½ cups whole-wheat pastry flour (or unbleached all-
  purpose flour)
- ¾ cup semisweet chocolate chips (plus more for topping)

Instructions
Preheat oven to 375°F (190°C) and line a 12-muffin tin with
paper liners, or lightly grease tins with canola oil. To prepare
beet puree: Wrap fresh beets in foil, drizzle on a bit of canola oil,
wrap tightly and place into the oven for one hour or until a knife
inserted can pierce the beet without any resistance. Set in the
fridge (in a bowl to catch juice) to cool to room temperature.
Once cooled, finely grate beets. Beets can also be pureed in
a blender with a bit of canola oil to facilitate mixing. In a large
bowl, combine beets/beet puree, eggs, canola oil, maple syrup,
brown sugar, baking soda, salt and mix until well-incorporated.
Stir in applesauce and chocolate chips, and mix to incorporate.
In a separate bowl, sift and combine cocoa powder and flour.
Fold into wet mixture using a spoon or spatula until just
combined, being careful not to over-mix. If the batter appears
too thick, add a touch more applesauce. Batter should have a
thick consistency, scoop-able instead of pour-able. Divide batter
evenly between muffin tins (fill each regular-sized muffin tin
with two heaping tablespoons of batter), and sprinkle with a
few more chocolate chips (optional but recommended). Bake
for 17-22 minutes or until a toothpick inserted into the center
comes out clean. Let cool for a few minutes in the pan, remove
from tins and let cool on a cooling rack.