

NYBG

EDIBLE ACADEMY
JUNETEENTH WEEKEND

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
- ⅓ cup brown sugar
- ¼ tsp sea salt
- 1 ½ 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.