



ROGUE VALLEY FARM TO SCHOOL

Harvest of the Month

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BEET BROWNIES

INGREDIENTS:

- 1 cup whole wheat flour
- 1/2 tsp baking soda
- 3 Tbsp cocoa powder
- 1 tsp salt
- 1/2 cup olive oil
- 2 Tbsp maple syrup
- 1 tsp vanilla
- 2 eggs (beaten)
- 1 cup cooked and pureed beets (fully cooled)
- 1 cup apple sauce
- 1/2 cup mini chocolate chips

DIRECTIONS:

1. Preheat oven to 375 degrees F and line a brownie pan (9x9) with parchment paper.
2. In a large mixing bowl, combine and thoroughly mix dry ingredients, except for chocolate chips.
3. Add wet ingredients one at a time, stir until just mixed.
4. Fold in mini chocolate chips.
5. Pour brownie mixture into lined pan, bake for 25-35 minutes, or until toothpick comes out clean.

