Beet Brownies

Source: Ashley Madden, founder of RiseShineCook.ca, from her book Plant-Based Delicious

About the Recipe

153 Calories · 4 g Protein · 4 g Fiber
Dessert
Gluten-free · Nut-free · Soy-free

Notes: If vegan chocolate chips aren’t in your diet, you can omit.
Nut-free option (by omitting walnuts)

Ingredients

Makes 16 Servings

- 10 oz (300 g) beets (2 small- to medium-sized beets), scrubbed and chopped into 2-inch (5-cm) chunks (2 cups chopped)
- 1 c (120 g) chickpea flour
- 3/4 c (75 g) gluten-free oat flour
- 1 c (150 g) coconut sugar
- 1 c (88 g) unsweetened cocoa powder
- 2 tsp (9 g) baking powder
- 1/2 tsp sea salt
- 1 c (100 g) walnuts, divided
- 1 tsp pure vanilla extract
- 3/4 c (175 mL) unsweetened almond milk or organic soy milk
- 1/2 c (88 g) mini vegan chocolate chips, plus more for garnish if desired **optional*

Directions

1. First, roast the beets: Preheat the oven to 400 F (200 C). Remove any gnarly stems or thick-skinned areas from the beets. Place the beets in a small casserole dish and pour a little bit of water into the bottom of the dish, just enough to cover the bottom. Cover the dish tightly with tinfoil and roast the beets for 45 to 60 minutes. They’re done when they’re just fork-tender. Remove the beets from the oven and keep the tinfoil on for 15 minutes so they continue to steam. Then, remove the foil and let cool completely. I like to turn the oven off at this point and come back to the brownies a few hours later. Once the beets are cooled, peel off the skins.
2. Start making the brownies: Preheat the oven to 350 F (180 C). Line an 8-inch (205-cm) square baking pan with parchment paper so that the parchment hangs out over two opposing sides.
3. In a large bowl, mix together the chickpea and oat flours, coconut sugar, cocoa powder, baking powder, and salt. Be sure to break up any clumps of coconut sugar.
4. Set aside 1/4 cup (25 g) of the walnuts (we’ll use these to garnish the brownies). In a high-speed blender, combine the remaining 3/4 cup (75 g) of walnuts, vanilla, milk, and roasted beets and blend until completely smooth. It will resemble a hot-pink milkshake.
5. Add the blended mixture to the bowl of dry ingredients and mix until well combined. The batter will be thick. Fold in the chocolate chips. Transfer the batter to the prepared baking pan and smooth out the surface.
6. Chop the reserved walnuts and scatter them over the top of the brownies, lightly pressing them into the batter. You can also sprinkle some additional chocolate chips on the surface, if desired.
7. Bake for 27 to 30 minutes. The brownies are done when small cracks appear on the surface and the middle is just about firm.
8. Remove the brownies from the oven and let them cool completely in the pan on a cooling rack. Once cooled, lift the brownies out of the pan by pulling on the parchment paper, and transfer them to a cutting board. Cut into 12 to 16 brownies.
9. These brownies are super fudgy, so be sure to wipe the knife clean with a damp cloth between each cut for nicely shaped brownies. These will keep in the fridge in a tightly sealed container for up to 3 days. Otherwise, keep in the freezer for up to 3 months.

Nutrition Facts

Per Serving:
Calories: 153
Total Fat: 6 g
    Saturated Fat: 1 g
    Calories From Fat: 31%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrate: 25 g
Sugar: 15 g
Fiber: 4 g
Sodium: 157 mg
Calcium: 77 mg
Iron: 1.6 mg
Vitamin C: 1 mg
Beta-Carotene: 5 mcg
Vitamin E: 1 mg