

Barb's Beet Brownies

- ½ cup healthy butter alternative (Earth Balance)
(You may use ¼ cup butter and ¼ cup applesauce instead.)
- 4 oz. Semi-sweet baking chocolate – if you use unsweetened, add a bit more sugar
- 1 15 oz. can beets, drained
- 1 cup applesauce
- 4 eggs (or egg substitute)
- ½ cup Splenda brown sugar
- 1 tsp. vanilla
- ½ tsp. salt
- ½ tsp. nutmeg (fresh is best)
- 1 tsp. cinnamon
- 1 ½ cup flour (I use a flour combination: ½ cup all purpose, ⅓ cup each whole wheat, soy, and oat)
- 1 tsp. baking powder (for a cake like brownie, add ¼ tsp. extra baking powder)
- ¼ cup ground flax seeds
- ½ cup wheat germ



Preheat oven to 350°.

Melt butter and chocolate over low heat. Set aside to cool.

Puree beets and applesauce in food processor. You need to do this to hide the beet taste.

In a separate bowl, beat eggs until light in color and foamy.

Add sugar and vanilla and continue beating until well creamed.

Add cooled chocolate mixture, followed by beet mixture.

In a separate bowl, sift together flour, salt, spices and baking powder.

Mix into wet mixture.

Stir in flax seeds and wheat germ.

Pour into greased 9 x 13 pan and bake at 350° for 30 – 40 minutes.

Cool before icing or cutting. Be very careful of calorie content if you use icing.

In case you're wondering, the beets are rich in potassium and contain protein, fiber, iron, calcium, phosphate, niacin, foliate and vitamins A and C. They also make the brownies moist. The flax seeds are a great source of Omega 3 fats and fiber, but they must be ground in order to digest the nutrients. The wheat germ is an excellent source of Vitamin E and folic acid and also provides protein, fiber, iron, thiamin, phosphorus, magnesium, and zinc. The brownies aren't just good. They are really good for you!

(Adapted from a recipe by Marion Owen)