



Double Chocolate Beet Brownies

Makes 12-14 muffin-sized brownies

Ingredients:

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

Procedure:

1. Preheat the oven to 375°F. Grease muffin tins with canola oil, or insert muffin cups into tins.
2. If roasting fresh beets: Rinse beets well under cold water, and trim roots and greens. Wrap beets in foil, and place into a preheated 375°F 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, rub beets with a paper towel to remove skins. Combine beets with canola oil, and blend smooth to make a beet puree.
3. In a large bowl, combine beet puree, eggs, honey, brown sugar, and applesauce. Mix until well-incorporated.
4. In a separate bowl, sift and combine cocoa powder, baking soda, salt and flour. Fold into the wet mixture using a spoon or spatula until just combined, being careful not to over-mix.
5. Fold in chocolate chips. Batter should have a thick consistency, scoop-able instead of pour-able.
6. Pour batter into muffin tins, and sprinkle with a few more chocolate chips (optional but recommended)
7. Place muffin tin into the oven, and cook for 17-22 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let cool for 5-10 minutes in the pan before removing. Beet brownies will remain fresh for up to five days refrigerated.

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