

Fudgey Pumpkin Brownies

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 16

Ingredients:

- 1 cup pureed pumpkin, squash or sweet potato
- 1/4 cup maple syrup
- 1 T balsamic vinegar
- 2 tsp vanilla extract
- 1/3 cup coconut sugar
- 1 cup whole grain flour (use spelt for gluten free)
- 1/4 cup baking cocoa
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1/2 cup chocolate chips

Procedure:

1. In a large mixing bowl, combine pumpkin, syrup, vinegar, vanilla, coconut sugar and cocoa powder. Combine gently.
2. Add flour, baking powder, baking soda and salt. Stir until combined but use a light hand. If mixture seems a little dry, add milk (use plant based beverage for vegan option) a tablespoon at a time until mixture is glossy and wet looking.
3. Fold in chocolate chips (don't use milk chocolate for vegan version).
4. Spoon into a greased 8" x 8" baking pan. Bake in a 350 degree oven for 25 minutes or until top is set looking and toothpick comes out clean.
5. Cool well in pan before slicing.
6. Serve with low fat Greek yogurt and a few thawed frozen raspberries.

by
Cheryl Gordon
Yoga Therapist