

Red Velvet Beet Brownies

Red velvet brownies with a natural twist! You won't even know beets were added.

YIELD 16 SERVINGS	PREP TIME 25 MIN	TOTAL TIME 1 HOUR 35 MIN
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INGREDIENTS

1 medium	Beet (or 2 small beets)
½ cup	Semi-Sweet Chocolate Chips
½ cup	Canola Oil
3 large	Eggs
½ cup	Granulated Sugar
1 cup	All-Purpose Flour
2 Tbsp	Unsweetened Cocoa Powder
½ tsp	Baking Powder
½ tsp	Kosher Salt
2 Tbsp	White Chocolate Chips



CHEF'S NOTES

Fun fact: Traditional red velvet cake uses red food coloring for its iconic red color. Betanin (found in the roots of beets) is used industrially as a red food colorant and provided natural color in this recipe!

Optional: Top with powdered sugar for a sweet finishing touch.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350° F. Spray bottom and side of 9-inch square pan with cooking spray or line the pan with parchment paper.
2. Wash beets and cut off any stems. In a small saucepot, bring water to a boil and add beets. Allow to boil until fork tender, about 40 minutes. Drain beets and place into ice bath to cool.
3. Wearing gloves to avoid staining hands, rub off the skin of the beets (they should peel easily). Use a vegetable peeler for any remaining skin/roots.
4. Add beets and ¼ cup of water to a blender and blend for 5 minutes or until very smooth. If consistency is too thick, add water, 1 tablespoon at a time until desired texture is achieved.
5. Microwave chocolate chips in a bowl for 20 seconds. Stir and continue to heat in the microwave in 10 second intervals. Stir chocolate until it is smooth and completely melted. Add canola oil to melted chocolate, stirring until well incorporated.
6. In a medium mixing bowl, whisk the sugar, ½ cup of pureed beets and eggs until combined. Stir in the chocolate mixture until it is well blended.
7. In a medium mixing bowl, mix the flour, cocoa powder, baking powder and salt until well combined.

8. Add the dry ingredients to the chocolate mixture and fold just until it is mixed, with no white streaks remaining.
9. Pour batter into the pan and spread out evenly. Bake for 25-30 minutes, until a toothpick inserted in the center of the pan comes out clean. Add the white chocolate chips to the top of the brownies halfway through the baking time.
10. Cool completely in the pan in a cooling rack and cut into 16 pieces. Enjoy!

Nutrition Facts	
16 servings per container	
Serving Size	(45 g)
Amount per serving	
Calories	180
% Daily Value *	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 95mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber less than 1g	2%
Total Sugars 12g	
Includes 7g Added Sugars	15%
Protein 2g	5%
Vitamin D 0.19mcg	0%
Calcium 10mg	0%
Iron 0.66mg	4%
Potassium 52mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

