



Healthy Plant-based Recipes:

Carob Beetroot Brownies

Brownie Ingredients

- 1 ½ cup wholewheat flour
- 1 tablespoon baking powder
- ¼ carob powder
- ¾ teaspoon salt
- 1 cup coconut milk
- 2/3 cup maple syrup (or other sweetener of your choice)
- 1 teaspoon vanilla
- 1 teaspoon coffee substitute (Nature's cuppa, Dandelion Coffee, etc.)
- ¼ cup flaxseed meal
- 1/3 cup applesauce
- ½ cup grated beetroot

Method

- Combine flour, baking powder and salt in mixing bowl and mix
- Place remaining ingredients in blender and blend until smooth
- Pour blended mix into flour, mix and stir thoroughly until well mixed
- Pour into lined 8 inch square pan and bake at 180° C (350° F)

Frosting Ingredients

- ¼ cup dry roasted peanuts
- 3 tablespoons carob powder
- ½ cup water
- ½ cup maple syrup (or half maple syrup and half sweetener of your choice)
- ½ teaspoon salt
- ½ teaspoon agar powder

Method

- Blend until smooth and bring to a boil. Simmer 3 minutes
- Remove from heat and set aside at room temperature until semi-set (20 minutes)

- Spread frosting over cake and sprinkle with toasted nuts if desired