



Oat Flour and Beet Brownies



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 cup beet puree
- ☐ 3 ounces bittersweet chocolate
- ☐ 0.5 cup light/dark brown sugar packed
- ☐ 2 tablespoons margarine spread soft (I used Becel)
- ☐ 0.8 cup oat flour
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup apple sauce unsweetened

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup walnuts chopped

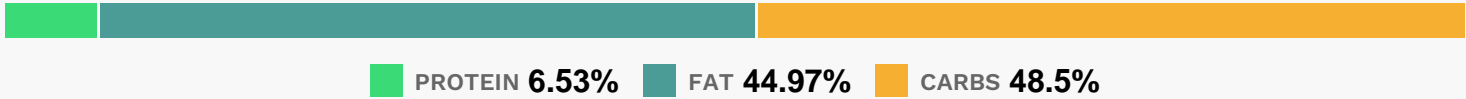
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ double boiler
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 350F for 15 minutes. Coat and 8 inch square pan with cooking spray. For brownies I line the pan with aluminum foil and grease it with cooking spray, so cutting it is easy and also we can get perfect squares. Melt the chocolate in a double boiler or over a very low flame. I melted the chocolate in the microwave oven, in a medium size bowl. Take care while doing so or else the chocolate will get burnt. So increase the time little by little. Stir it well, it should be smooth. In the same bowl, combine the beet puree, sugar, cocoa powder, margarine, vanilla and unsweetened applesauce and whisk it well. This mixture should be smooth and creamy. Stir in the oat flour, baking powder, chopped walnuts and salt with a wooden spoon.
- ☐ Pour the batter into the prepared pan and baked 35–40 minutes. I checked it after 35 minutes and felt that it was not done. Brownies should spring back when touched, but it did not. So baked it for another 5 minutes. Cool completely in the pan on a wire rack. Since I lined the pan with aluminum foil I lifted it after an hour and I cooled it on a wire rack. After another 2 hours I was able to cut them into neat squares without any trouble. If baking it directly in the pan, it will take some more (actually a lot more) time for the brownies to cool completely and getting neat pieces will also be difficult.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:4.1560869061429%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 125.98kcal (6.3%), Fat: 6.54g (10.07%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 14.07g (5.12%), Sugar: 9.78g (10.87%), Cholesterol: 0.32mg (0.11%), Sodium: 119.68mg (5.2%), Alcohol: 0.17g (100%), Alcohol %: 0.58% (100%), Caffeine: 7.66mg (2.55%), Protein: 2.14g (4.27%), Manganese: 0.51mg (25.38%), Copper: 0.21mg (10.55%), Magnesium: 32.79mg (8.2%), Fiber: 1.81g (7.25%), Phosphorus: 70.17mg (7.02%), Iron: 1mg (5.56%), Selenium: 2.88µg (4.12%), Vitamin B1: 0.06mg (3.87%), Folate: 15.28µg (3.82%), Zinc: 0.56mg (3.73%), Potassium: 128.67mg (3.68%), Calcium: 30.55mg (3.06%), Vitamin B6: 0.04mg (1.99%), Vitamin B2: 0.02mg (1.41%), Vitamin A: 69.9IU (1.4%), Vitamin B3: 0.24mg (1.2%), Vitamin E: 0.16mg (1.08%)