

# Egg-free Brownies (with beet puree)

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- Prep time: 25 minutes
- Cook time: 20-23 minutes
- Total time: 45-50 minutes

**No nuts | No eggs | No milk | No soy | No fish | No sesame**



## Ingredients:

- 1 large beet
- ½ cup water
- ⅔ cup sugar
- 1 cup flour
- ⅔ cup cocoa powder
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup canola oil
- 2 teaspoons vanilla
- ¾ cup chocolate chips (optional)

**Contains wheat (flour).**

**Chocolate chips may contain soy, milk, or nuts – check every label, every time.**

Allergy-friendly Substitutions:

- **No wheat:** use wheat-free all-purpose flour blend

## Instructions:

1. Wash hands with soap and warm water. Preheat oven to 350°F. Grease a 13 x 9-inch pan with non-stick spray.
2. To make beet root puree, first wash and peel beet. Chop into small pieces, then place in a small saucepan and cover with water. Bring to a boil and cook for 15 minutes.
3. Meanwhile, in a large bowl whisk the sugar, flour, cocoa powder, salt, baking powder, and baking soda. Add canola oil and vanilla to flour mixture. Use a rubber spatula to evenly distribute oil into dry ingredients.
4. Remove saucepan from heat. Add beet chunks to food processor or high-speed blender. Carefully add ½ cup water and pulse for 10-15 seconds. Remove lid and scrape sides with rubber spatula; replace lid and pulse until smooth.
5. Gently fold in 1 cup beet puree and chocolate chips (optional) into brownie batter. Pour into prepared baking pan and bake at 350°F for 20-23 minutes.

