

# Healthy Recipe of the Week



Use organic ingredients whenever possible.

## Brownie Bites

These wheat-free, egg-free, and dairy-free brownies are decadent and dense.

Makes 2 dozen 2-bite brownies

**Vegetable oil spray**

**1/2 cup plus 2 tablespoons Bob's Red Mill gluten-free, all-purpose baking flour (You can find this now at just about any grocery store)**

**1/2 cup sugar (substitute agave nectar to make it even healthier)**

**1/4 cup unsweetened cocoa powder**

**1 1/4 teaspoons baking powder**

**1/8 teaspoons baking soda**

**1/2 teaspoon salt**

**1/4 teaspoon xanthan gum (This takes the place of the gluten in regular flour, and acts as a "binder". You may be able to find this in the natural food aisle of your local grocery store, if not you will be able to find it at health food stores, such as Nutrition Stop in St. Peters)**

**1/2 cup applesauce**

**1/4 cup canola oil**

**1 tablespoon pure vanilla extract**

**1/2 cup dairy-free mini chocolate chips (If you are not worried about this recipe being dairy-free, you can use regular mini-chocolate chips. Organic would be the best. You can find the dairy-free chips at health food stores, or just leave them out all together)**

**Preheat the oven to 325 degrees. Spray 2 mini muffin pans with vegetable oil spray\*. In a bowl, whisk the baking flour, sugar (if using the nectar, mix it in with the wet ingredients), cocoa powder, baking powder, baking soda, salt and xanthan gum. In another bowl, whisk the applesauce, oil and vanilla; stir into the dry ingredients. Stir in the chocolate chips. Spoon the batter into the muffin pans, filling them three-quarters full. Bake for 15 minutes, or until set. Let the brownies cool in the pans for 15 minutes, then turn out onto a rack to cool completely. Dust with powdered sugar, if desired.**

**\* If you only have one pan, just bake one batch, let them cool, remove them from the pan and bake the second batch.**