

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Pumpkin Swirl Brownies

From [www.paleomg.com](http://www.paleomg.com)



1 cup Enjoy Life Chocolate Chips

1 cup coconut cream concentrate (also called coconut butter or coconut mana. You can order it on [amazon.com](http://amazon.com) or on [tropicaltraditions.com](http://tropicaltraditions.com). You may even be able to get it Whole Foods.)

½ cup pumpkin puree

¼ cup raw honey

3 eggs, whisked

1 tsp vanilla

½ tsp baking powder

¼ tsp cinnamon

1/8 tsp nutmeg

Pinch of salt

Coconut oil, for greasing baking dish

### **For the pumpkin frosting**

3 Tbsp pumpkin puree

2 Tbsp coconut milk (from the can)

Sprinkle of cinnamon

1 tsp honey

1. Preheat the oven to 350°.
2. In a double boiler, melt chocolate chips along with coconut cream concentrate until well combined.
3. Remove from the heat and mix in pumpkin puree and honey.
4. Add eggs, vanilla, baking powder, cinnamon, nutmeg, and salt. Mix well.
5. Grease an 8x8 glass baking dish with coconut oil
6. Pour batter into baking dish and put into the oven. Bake for 30-35 minutes until toothpick comes out clean. Let rest and cool. The longer these rest, the more dense they become. Which is what we want!
7. Once brownies have cooled, mix together pumpkin puree, coconut milk, cinnamon and honey in a bowl. Place mixture in a plastic bag, cut off the end, and pipe on designs however you sit fit on the brownies. You can also spread the frosting on the top.