

The Art of Cuisine



Healthy Chocolate Brownies

These brownies are not your ordinary brownies. They have one serving of fruit and vegetables in them. They are fun because people cannot believe they are eating something truly healthy for them

- 1/3 cups Smart Balance Heart Right light butter
- 3/4 cup semisweet chocolate chips or chopped dark chocolate
- 2 large eggs
- 2 tsp. pure vanilla extract
- 1 Tbsp stevia powder
- 1/4 cup brown sugar
- 1/2 cup Purple Puree (recipe below)
- 2 Tbsp. unbleached all-purpose flour
- 4 Tbsp. whole wheat flour
- 1 tsp baking powder
- 1 Tbsp. unsweetened cocoa powder
- 1/4 cup rolled oats, ground in a food processor
- 1/4 tsp. salt
- 3/4 cup chopped walnuts (optional)

Preheat oven to 350 degrees F. Spray only the bottom (not the sides) of a 9-inch square baking pan. Make the Purple Puree first (recipe below). Set aside. Melt the butter and chocolate chips together in a double boiler or metal bowl over simmering water or microwave in 30 sec intervals plus stir between each interval until you see where the chocolate has melted smooth. Remove from heat and allow mixture to cool.

Meanwhile, in another bowl, stir together the eggs, vanilla, Stevia, and Purple Puree. Combine this mixture with the cooled chocolate mixture.

In a mixing bowl, stir together the flours, cocoa powder, oats and salt. Add to the chocolate mixture and blend thoroughly. Mix in the chopped walnuts, if using, then pour the entire mixture in to the baking pan. Bake 30-35 minutes, until a toothpick comes out clean. Drizzle melted white chocolate for decorative garnish Allow to cool completely in the pan before cutting the brownies and brownies will keep up to a week in the refrigerator, covered tightly.

Makes 12 brownies.

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Purple Puree

- 2 cups raw baby spinach or 1 cups frozen chopped spinach or frozen chopped (thawed) and drained.
- 1-1/2 cups fresh or frozen unsweetened blueberries
- 1 tsp. lemon juice
- 3-4 Tbsp. water

If using raw spinach, wash and dry it thoroughly (even if it's triple-washed, bagged spinach). Bring the spinach and water to a boil in a medium saucepan. Turn the heat down to low and allow simmering, 10 minutes or microwaving for 4 minutes and draining and squeezing out excess water from spinach.

Rinse and drain blueberries. Place blueberries, cooked spinach, lemon juice, and 2 Tbsp. of water in a food processor blend on high until smooth, stopping occasionally if necessary to scrape the bowl. Add the rest of the water if necessary, to make a smooth puree.

Yield: 1-cup puree.

Chef Linda Galyean

Nutrition:202 cal, 11 g. fat, 4.3 g. protein