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**Capital** 

# Chocolatey Beet Brownies

## Ingredients:

- 1 c. all purpose flour
- ¼ c. cocoa powder
- 1½ c. dark chocolate chips
- ¼ c. avocado oil
- 3 eggs
- ⅔ c. sugar
- 2 tsp. vanilla extract
- 2 c. peeled and grated raw beets

## Directions

Preheat oven to 325 degrees Fahrenheit. Whisk flour with cocoa powder and salt in medium bowl. In a microwave safe bowl, melt chocolate chips, about 1 minute or until melted. Stir in avocado oil until smooth. In a large bowl, whisk eggs with sugar and vanilla extract. Add chocolate mixture and whisk to combine. Fold flour mixture into the chocolate mixture; then fold in grated beets until just combined. Scrape into greased 8x8 metal baking pan. Bake for 45-50 minutes, or until an inserted toothpick comes out clean. Cool before cutting.

## Nutrition Facts

12 servings

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<b>Calories</b>	300
<b>Total Fat</b>	15g
Saturated Fat	7g
<b>Cholesterol</b>	45mg
<b>Sodium</b>	45mg
<b>Total Carbohydrates</b>	40g
Dietary Fiber	2g
Sugar	29g
<b>Protein</b>	5g

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