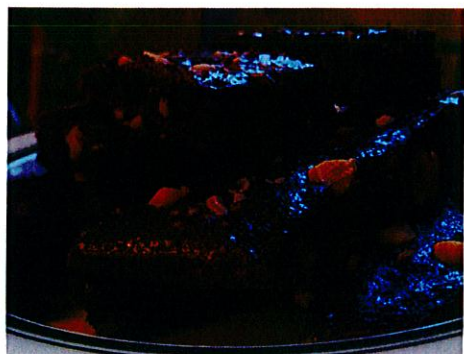


# Spelt Beet Brownies



By FoodieFawn (adapted from Chocolate Beet Brownies)

- 3 small beets, boiled, peeled and pureed (about 1 cup puree)
- 1 1/4 cup Sucanat sugar or Evaporated Cane Juice
- 2 1/4 tsp vanilla extract
- 4 eggs (try the free range organic kind– you'll never go back!)
- 1 cup Spelt flour
- 3/4 cup unsweetened cocoa powder (again, [Camino's](#) is fantastic)
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt 1 cup chopped nuts (I used Brazil nuts)- optional

Boil 3 small beets until very tender, about 45 min. Drain, rinse in cold water, peel, remove root ends and cut into quarters. Puree using a blender or food processor.

Preheat oven to 350F.

Combine beet puree, sugar and vanilla extract well. Add eggs and stir until smooth. Combine remaining ingredients except nuts and fluff with a fork until mixed. Add wet ingredients to dry and stir until just incorporated. Incorporate nuts, reserving a little for sprinkling on top.

Rub a few drops of oil or butter into each of two 9×9 baking pans. Divide batter among the two pans. Sprinkle with reserved nuts.

Bake for approx. 25 minutes and allow to cool before slicing. *Yield: 24 brownies*

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