

•• CALICO BROWNIES ••



This quintessential American treat gets a healthy makeover using date paste as a sweetener and brown rice flour keeps it gluten free. But perhaps the best part is the way the peanut butter and chocolate come together to form a pattern reminiscent of felines by the same name.

Prep Time: 10 minutes **Cook Time:** 25 minutes **Serves:** 16 brownies

Ingredients

2 flax eggs (2 T ground flax + 6 T water)
½ cup fair trade coconut oil
1 tsp. vanilla
1/8 cup agave or other liquid sweetener
1 cup date paste

1 cup brown rice flour
¾ cup fair trade unsweetened baking cocoa
3 scoops 100% pure stevia
1 tsp. baking powder
¼-1/3 c. no sugar natural peanut butter

Instructions

1. Preheat oven to 350 degrees F.
2. In small bowl, combine the flax seed and water to make the flax eggs. Set aside.
3. In a large saucepan, melt oil, add in vanilla and agave, then turn off heat.
4. Break date paste into smaller pieces and stir into liquid mixture – using a potato masher works well to further break up the date paste.
5. Add in flax eggs and stir.
6. Add in dry ingredients and stir thoroughly to combine (the mixture will appear dense and crumble in large pieces).
7. Pour mixture into greased 8x8 glass baking dish and press down firmly with hands.
8. Pour peanut butter over batter and use a knife to work it in, then press down batter again (keeping your hands moistened with water helps prevent the batter from sticking to them).
9. Bake 20 minutes.
10. Let it cool completely before cutting.

Recipe Notes

Typically, I've purchased Equal Exchange's Unsweetened Baking Cocoa at my local health food store, but recently found Frontier's Unsweetened Baking Cocoa for less at Abe's Market. I usually buy Br. Bronner's brand of fair trade coconut oil.

Make sure the stevia you use is 100%, otherwise results will vary. I buy mine at Trader Joe's and it comes with its own scoop.