

Fudgy Brownies — FOK

Swick

Serves 12 | Active Time: 15 minutes | Total Time: 45 minutes

Step 1: Making the Brownies

- 3/4 cup pure maple syrup
- 1/2 cup applesauce, unsweetened
- 1 egg replacer egg (Ener-G Egg replacer recommended)
- 1 tsp pure vanilla extract
- 1/3 cup cocoa powder, unsweetened
- 1/2 cup whole-grain spelt flour
- 1/2 cup raw walnuts, finely chopped (optional)
- 1/4 tsp aluminum-free baking powder
- 1/4 tsp baking soda
- 1/4 tsp sea salt

Preheat the oven to 350°F. Line an 8-inch square pan with parchment paper.

In a medium bowl, combine the maple syrup, applesauce, egg replacer, and vanilla and whisk until well blended. In a separate large bowl, whisk together the cocoa powder, spelt flour, walnuts, baking powder, baking soda, and sea salt.

Add the maple syrup mixture to the flour mixture and gently fold them together with a rubber or wooden spatula. Spread the batter into the prepared pan and bake until the top of the brownie block is firm to the touch, about 30 minutes.

Once baked, place the pan on a wire rack to cool for 1 hour. Use the parchment to pick up the brownie block and transfer it to a cutting board. Slice into 12 squares; for clean cuts, wipe the knife after each cut and dip in hot water. Store the brownies in an airtight container in a cool place for 3 to 4 days.