



Premium Moist & Chewy Chocolate Brownies

Serves 12

You won't miss the butter, sugar, eggs or other animal fat in these moist and luscious brownies. Here are two versions that are equally delicious and will garner you rave reviews. You can make them in a glass or metal pan or you also can make them in a muffin tin. I like using a mini-muffin tin for smaller treats, as well as a heart-shaped muffin tin.

1 cup oat flour
2/3 cup cocoa powder
2 Tbsp. arrowroot
1/2 tsp. baking soda
2 tsp. baking powder
1/8 tsp. sea salt
3/4 cup unsweetened applesauce
1/3 cup chopped walnuts
1/3 cup plus 2 Tbsp. agave nectar
1/3 cup pitted, chopped dates
1/4 cup raisins
1 tsp. vanilla extract

Preheat oven to 350° F. degrees. Mix together the dry ingredients in a medium bowl. Combine remaining wet ingredients and add to the dry mixture stirring thoroughly. Spoon batter into an 8 x 8" glass or metal baking pan coated with nonstick spray. Bake in a preheated oven for 25 to 30 minutes. Bake for 10-12 minutes if making mini muffins. Bake for 12-15 minutes if making regular-size muffins. Test with a toothpick for doneness.

FYI: Each of the 12 bars has approximately 90 calories, 15 grams of carbohydrate, and 5 grams of fiber.

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Double Chocolate Omega Brownies

Serves 12

With either of these two brownie recipes, I usually quadruple the ingredients and make lots of extra mini muffin brownies. They freeze well. And when you have the desire for just a touch of delicious chocolate, that's good for you to boot, these mini muffins hit the spot. In fact, they are delicious right out of the freezer and popped into your mouth.

1 cup oat flour
½ cup cocoa powder
2 Tbsp. arrowroot
1/2 tsp. baking soda
2 tsp. baking powder
1/8 tsp. sea salt
1/3 cup chopped walnuts
1/3 cup pitted, chopped dates
½ cup unsweetened applesauce
¼ cup raisins
1/3 cup agave nectar
¼ cup chocolate hemp milk (I use Living Harvest brand)
1 tsp. vanilla extract

Preheat oven to 350° F. Mix together the first six dry ingredients in a medium bowl. Combine the remaining wet ingredients and add to the dry mixture, stirring thoroughly. Pour into an 8 x 8" glass or metal baking pan, or a muffin tin that is coated with a nonstick spray. Bake in a preheated oven for 25 to 30 minutes for the 8 x 8" pan, 10 to 12 minutes for a mini muffin pan, and 12 to 15 minutes for a regular size muffin pan. Test for doneness with a toothpick.

FYI: Each brownie square/muffin has approximately 90 calories, 13 grams of carbohydrate, and 5 grams of fiber.

