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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

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

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.