

Gluten Free Organic Brownie Recipe

By [Elizabeth Reighard](#)

Recipe:

2 large organic beets cooked and puréed,
4 oz of good dark chocolate (I use organic 70%),
1/4 cup organic cold pressed coconut oil
1/4 cup raw honey
1/3 cup of raw cacao not cocoa powder (it is richer and full of antioxidants because not processed)
3 tablespoons of coconut or almond flour
1/2 tsp baking soda
1/4 teas. sea salt
Optional: 1/2 cup semi sweet chocolate chips (I use Enjoy life which is dairy and gluten free)
1/2 teaspoon of vanilla.

Melt chocolate bar and coconut oil over low heat
Preheat oven to 350 and spray 8 x 8 pan
Add puréed beets to cooled chocolate mixture
Add cacao powder, flour, baking soda a salt to 2 whisked eggs and vanilla in separate bowl. Add chocolate beet mixture and lastly chocolate chips.

Bake for 20-25 minutes until toothpick comes out clean.

Cool brownies and cut in 16 pieces.

Nutrition Facts:

Fat: 8.3 grams Carbs: 9.3 Protein: 2.3 Sugars: 5.8