

# Sneaky Beet Brownies

from Fit Foodie Finds

**This paleo-friendly coconut flour brownie recipe is fudgy and made with wholesome ingredients that are all gluten-free! There's no oil involved thanks to the secret ingredient of beet puree. That's how this recipe got its name of Sneaky Beet Brownies**

- 1/2 cup beet puree (about 2 medium beets\*)
  - 1/3 cup pure maple syrup
  - 2 large eggs
  - 1 teaspoon vanilla extract
  - 1/2 cup dark chocolate chips, melted
  - 1/4 cup dark chocolate chips (for topping)
  - 1 cup almond flour
  - 2 tablespoons coconut flour
  - 1/3 cup unsweetened cocoa powder
  - 1/4 teaspoon salt
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon baking powder
1. Preheat oven to 350°F and spray an 8×8-inch pan with cooking spray OR line with parchment paper. Set aside.
  2. Mix all dry ingredients (except for chocolate chips) in a medium-sized bowl and set aside. The 1/4 cup of chocolate chips will be used on top.
  3. Prepare beet puree by placing 2 cooked beets into a food processor for 2-3 minutes or until you've formed a puree.
  4. In a separate bowl, mix together all wet ingredients except for 1/2 cup of chocolate chips (you be melting these for later). Add dry ingredients to wet ingredients and mix.
  5. Place 1/2 cup of chocolate chips into a small, microwave-safe bowl and heat on high for 1 minute and 30 seconds, stirring every 30 seconds. When chocolate chips are melted, fold them into brownie batter.
  6. Pour brownie batter into pan and spread evenly with a spatula. Top with chocolate chips.
  7. Bake for 18-21 minutes (depending on how gooey you want them).

**Notes\* To make beet puree with uncooked beets, preheat oven to 400°F. Wrap beets in tin foil and bake for 45-60 minutes. Remove from oven, let cool, and remove skin. Place beets in a food processor for 2-3 minutes until pureed**