

Your Favorite Recipes “HEALTHI-FIED”!



Free-Radical Avenger Brownies

These brownies are full of antioxidants that fight free radicals! These are found in the walnuts, dried fruit (especially if you use blueberries), and dark chocolate that are added in. The brownies are also made with whole wheat flour (I swear, you won't notice the difference) to add good-for-you fiber. Finally, agave syrup, a low-glycemic sweetener, helps you avoid sharp ups and downs in blood sugar that usually occurs when consuming foods loaded with white sugar. Bake with caution! These are seriously delicious brownies.

Ingredients

- 1/2 cup vegetables oil
- 1/2 cup agave syrup
- 1/4 cup low-fat soymilk
- 1.5 tsp vanilla
- 1 cup whole wheat flour
- 1/2 cup cocoa powder
- 1/2 cup sugar
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 cup dark chocolate bar, coarsely chopped
- 3/4 cup chopped walnuts and any dried fruit you desire (try cranberries, cherries, blueberries, or figs)

Instructions

1. Preheat oven to 350 degrees F. Lightly oil an 8 inch square GLASS pan.
2. Put the oil, agave syrup, soy milk and vanilla in a medium bowl and whisk to combine.
3. In a separate bowl whisk together the flour, cocoa, sugar, baking powder and salt.
4. Fold the dry ingredients into the wet mixture with a rubber spatula.
5. Fold in the chocolate chips, walnuts, and dried fruit.
6. Put the batter in the pan and spread it out evenly. Bake for 35 minutes.
Note: Be careful not to cook for too long and burn the edges.
7. Cool before cutting.