

BROWNIES

Ingredients:

1 1/2 c. carob semisweet chips*
2 c. garbanzo beans, drained and rinsed
4 eggs
1 c. sugar*
1/2 tsp baking powder



Instructions:

Heat oven to 350 degrees.
In a small bowl melt carob chips in microwave for 2mins.
In blender or food processor, combine beans and eggs.
Add sugar, baking powder, and chocolate, process until smooth.
Pour batter into a 9" or 8X8" non stick pan.
Bake for 45 minutes.

**You can use regular chips instead of carob chips.*

**I make these bars with 3/4 cup brown rice syrup or 1 cup agave nectar instead of sugar. Brown rice syrup is a gentler sweetener that you can find at a health food store or the "healthy" section of your local grocery store. It has a 'butterscotch' kind of taste.*

This recipe is from the kitchen of Laura Brown

Laura Brown is a Certified Health Counselor (CHC) and the founder of Intuitive Wellness. Combining the principles of Integrative Nutrition and years of hands-on experience, Laura Brown helps clients tap into the healing power of food in their lives – one meal at a time.

*Call or email to schedule a free health consultation with Laura: 770-953-0534, or laura@intuitive-wellness.com.
See www.intuitive-wellness.com for more information.*