



Carob Oatmeal Brownies

These scrumptious, chewy squares are sure to pacify chocolate-sensitive folks previously forced to forgo brownies. To ensure moist brownies it is crucial not to overcook them—keep a close watch on these squares as they near their baking time.

- 5 oz (150 g) carob chips
- 4 Tbsp (60 mL) butter
- 3/4 cup (180 mL) pure organic oat flakes
- 3 Tbsp (45 mL) organic wheat germ (or popped amaranth for a wheat-free option)
- 1/3 cup (80 mL) whole milk powder
- 1/2 tsp (2 mL) low-sodium baking powder
- 1/2 tsp (2 mL) salt
- 1/2 cup (125 mL) chopped walnuts
- 1/3 cup (80 mL) chopped medjool dates
- 1/2 cup (125 mL) packed coconut palm sugar or sucanat
- 1 tsp (5 mL) vanilla
- 2 free-range eggs, beaten

Preheat oven to 325 F (160 C). Grease and line 8 in (20 cm) square cake tin.

Place carob chips in heatproof bowl and add butter. Melt mixture over pan of simmering water and then allow to cool, stirring occasionally.

In another larger bowl, combine all dry ingredients. When well mixed, use large wooden or metal spoon to beat in melted carob mixture, vanilla, and eggs.

Pour mixture into prepared cake tin. Level mixture and bake for 20 minutes or until firm around edges but still soft in centre. Remove from oven and allow to cool in tin. When cooled sufficiently and starting to firm up, remove from pan and cut into squares. Store in airtight container (if you can manage not to devour them all in one go!).

Makes 16 small squares.

Each square contains: 155 calories; 3 g protein; 10 g total fat (5 g sat. fat, 0 g trans fat); 15 g total carbohydrates (9 g sugars, 1 g fibre); 101 mg sodium