

RECIPE

BEST HOMEMADE VEGAN BROWNIES BY THALIA

INGREDIENTS

Wet

- 1 1/2 cups very finely ground granulated sugar (the brand Domino is best)
- 1/2 cup water
- 2 tbsp ground flax seed OR 5 tbsp apple sauce
- 1/2 cup oil (I used vegetable)
- 1 tsp vanilla extract

Dry

- 3/4 cup cocoa powder (sifted if clumpy)
- 1 1/2 cups *all purpose flour* (I used gluten free, but regular works too)
- 1/2 tsp salt
- 1/2 cup *chocolate chips*

NUMBER OF SERVINGS

16 brownies

TIME TO PREPARE

10 minutes

TIME TO COOK

35 minutes

NOTES

For a lower fat version, you can sub 1/2 of the oil with applesauce.

PROCEDURE

- Preheat the oven to 350 degrees Fahrenheit.
- In a small bowl, whisk together the 2 tbsp ground flax plus 5 tbsp of water. Set aside to thicken. Skip this step if using the apple sauce. Some people notice a flavor when using the flax (I never have this issue) so if that worries you, stick to the applesauce. The texture will be slightly different, but still delicious.
- In a medium pot on the stove, add the sugar and water and whisk together. Heat over medium/low heat. Stir occasionally, but after about 5-10 minutes, the sugar should completely dissolve. Be sure you don't add any extra water. The water will look somewhat cloudy, but you shouldn't notice any clumps of sugar. This is key for the shiny crust!
- Meanwhile, in a large bowl, stir together all dry ingredients. Be sure to spoon and level the cocoa and flour into dry measuring cups, don't scoop right from the bag or you will inadvertently end up with more flour than needed.
- Once the sugar has completely dissolved, give it a final whisk, then pour it into the dry ingredients.
- Add all remaining wet ingredients, including the flax eggs once thickened or the applesauce and mix together with a wooden spoon until a batter forms. Careful not to over mix, stir just until combined.
- Fold in the chocolate chips if using. They're optional, but they do help the top get shinier and add a richer chocolate flavor.
- Transfer to an 8x8 baking dish lined with parchment paper.
- Sprinkle with additional chocolate chips if desired.
- Bake for 35-42 minutes. about 38 was perfect in my oven, but check with a toothpick. Bake for longer if you don't like a fudgy inside and shorter if you want them really fudgy.
- Remove from the oven, let cool completely, then slice around the edges of the pan and lift out the brownies using the parchment paper. Slice into 16 squares & enjoy! The longer you let cool, the easier/cleaner the cut will be.

RECIPE

SOFT & CHEWY OATMEAL RAISIN COOKIES BY AYESHA

INGREDIENTS

- 1 cup unsalted butter, softened to room temperature
- 1 cup (packed) light or dark brown sugar
- 1/4 cup granulated sugar
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 tablespoon honey or molasses
- 1 and 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 and 1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 3 cups old fashioned whole rolled oats
- chocolate chips (optional)

NUMBER OF SERVINGS

TIME TO PREPARE

2+ hours

TIME TO COOK

13-14
minutes

NOTES

*** I recommend using extra cinnamon and raisins.

PROCEDURE

- WHISK THE FLOUR, CINNAMON, BAKING SODA, AND SALT TOGETHER IN A MEDIUM BOWL. SET ASIDE.
- IN A LARGE BOWL USING A HAND MIXER OR A STAND MIXER FITTED WITH A PADDLE ATTACHMENT, BEAT THE BUTTER ON MEDIUM-HIGH SPEED UNTIL SMOOTH, ABOUT 1 MINUTE. ADD THE BROWN SUGAR AND GRANULATED SUGAR AND BEAT ON MEDIUM-HIGH SPEED UNTIL CREAMED, ABOUT 2 MINUTES. ADD THE EGGS, MOLASSES, AND VANILLA AND BEAT ON HIGH SPEED UNTIL COMBINED, ABOUT 1 MINUTE. SCRAPE DOWN THE SIDES AND UP THE BOTTOM OF THE BOWL AND BEAT AGAIN AS NEEDED TO COMBINE.
- ADD THE DRY INGREDIENTS TO THE WET INGREDIENTS AND MIX ON LOW UNTIL COMBINED. WITH THE MIXER RUNNING ON LOW SPEED, BEAT IN THE OATS AND OPTIONAL CHOCOLATE CHIPS. DOUGH WILL BE THICK AND STICKY. COVER AND CHILL THE DOUGH FOR AT LEAST 45 MINUTES IN THE REFRIGERATOR (AND UP TO 4 DAYS). IF CHILLING FOR LONGER THAN A FEW HOURS, ALLOW TO SIT AT ROOM TEMPERATURE FOR AT LEAST 30 MINUTES BEFORE ROLLING AND BAKING BECAUSE THE DOUGH WILL BE QUITE HARD.
- PREHEAT OVEN TO 350°F (177°C). LINE BAKING SHEETS WITH PARCHMENT PAPER OR SILICONE BAKING MATS. SET ASIDE.
- SCOOP THE COOKIE DOUGH, ABOUT 3 TABLESPOONS OF DOUGH PER COOKIE, AND PLACE 4 INCHES APART ON THE BAKING SHEETS. BAKE FOR 13-14 MINUTES OR UNTIL LIGHTLY BROWNED ON THE SIDES. THE CENTERS WILL LOOK VERY SOFT.
- REMOVE FROM THE OVEN AND ALLOW COOKIES TO COOL ON THE BAKING SHEET FOR 5 MINUTES BEFORE TRANSFERRING TO A WIRE RACK TO COOL COMPLETELY. WHILE THE COOKIES ARE STILL WARM, I LIKE TO PRESS A FEW MORE CHOCOLATE CHIPS INTO THE TOPS—THIS IS ONLY FOR LOOKS!
- COOKIES STAY FRESH COVERED AT ROOM TEMPERATURE FOR UP TO 1 WEEK.

ENJOY!!

RECIPE

MY GRANDMA'S HEALTHY GRANOLA BARS BY AYESHA

INGREDIENTS

- 1 cup ground almonds
- 1 cup flax seeds
- 1/2 to one cup semolina flour
- 1 cup brown sugar
- 1 cup butter
- 1/4 cup rolled oats (optional)
- 1/4 cup crushed coconut
- 1/4 cup raisins
- 1 cup white flour, cinnamon, and sesame seeds as needed (ALL 3 ingredients OPTIONAL)

NUMBER OF SERVINGS

Depends on how big you cut the squares! :)

TIME TO PREPARE

45 minutes

TIME TO COOK

15-20 minutes

NOTES

Feel free to add your own ingredients- chocolate chips are a good addition!

PROCEDURE

- MELT BUTTER AND ADD ALL DRY INGREDIENTS
- MIX REALLY WELL
- GREASE A 9X13 PAN WITH A FEW TABLESPOONS OF OIL
- ADD MIXTURE AND LEVEL IT OUT
- BAKE FOR 15-20 MINS AT 350 DEGREES
- LET IT COOL AND CUT INTO SMALL SQUARES

RECIPE

APPLE BUTTER BY TESS

INGREDIENTS

- 6 1/2 pounds apples - peeled, cored and sliced
- 1 cup granulated sugar
- 1 cup light brown sugar, lightly packed
- 1 tablespoon ground cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 tablespoon pure vanilla extract

NUMBER OF SERVINGS

4 pints!

TIME TO PREPARE

30 minutes

TIME TO COOK

12 hours

NOTES

*Any type of apples are good-try a combination!

*This makes a lot of apple butter, so you may want to can what you can't eat!

PROCEDURE

1. Place the apples in a slow cooker. In a medium bowl, combine sugars, cinnamon, nutmeg cloves and salt. Pour the mixture over the apples and mix well.
2. Cook in slow cooker on low for about 10 hours, stirring occasionally, until the mixture is thickened and dark brown.
3. Uncover, stir in vanilla and continue cooking uncovered on low for about 2 hours
4. Use an immersion blender to puree the apple butter until smooth.
5. Spoon the mixture into sterile containers, cover and refrigerate for up to two weeks or freeze.
6. Serve on breads, muffins, pork chops or just eat it with a spoon.