

BLISSFUL BROWNIES

The combination of prunes and chocolate in these luscious 100% plant-based brownies yields a very rich flavor. If you are substituting bittersweet chocolate for unsweetened, reduce the sugar by about 1 Tbsp. per ounce.

5 oz. unsweetened chocolate, cut in 1" pieces
6 Tbsp. EnerG Egg Replacer* fluffed with 1/2 cup water
3/4 cup prune puree** OR baby food prunes
1-1/2+ cup sugar
1-1/2 tsp. salt
1-1/2 tsp. vanilla extract
3/4 cup unbleached flour
3/4 tsp. baking powder
1/3 cup chopped walnuts (optional)

* EnerG Egg Replacer is made from tapioca and potato starch and can be found in health food stores.

**Prune puree: Place dried *pitted* prunes (preferably organic) in a blender and add a little very hot water. Whiz for 15 seconds, then add more hot water and whiz to achieve the smooth consistency of mayonnaise. Stop the blender often to scrape the sides with a spatula. Freeze unneeded prune puree in a jar.

Preheat oven to 350°. Cut a piece of baking parchment to fit in the bottom of an 8" square baking pan or mist pan generously with cooking oil. Spread margarine on the inner sides of the pan. Place chocolate in top part of a double boiler over simmering water until chocolate just melts. Set aside. In a small bowl beat EnerG Egg Replacer and water until stiff and foamy. Add to melted chocolate along with prune puree, sugar, salt, and vanilla, and stir with a large spoon until well blended. Add flour and baking powder to prune mixture, and stir until thoroughly mixed. Pour batter into baking pan and spread evenly with a spatula. Bake 30-33 minutes until top springs to the touch, and a washed, dry broom straw inserted into cake comes out clean. Do not over-bake, or brownies will be dry. Cool. Frost with glaze (below.) To serve, cut brownies into 1-2" squares or rectangles. Makes 12-16 brownies.

Chocolate Glaze:

5 T. soy milk or rice milk
1-1/2 T. cocoa powder (preferably organic/Fair Trade)
1-1/2 T. canola oil
1-1/2 tsp. vanilla
1-1/2 c. powdered sugar, sifted

In a small saucepan combine soy/rice milk, cocoa, canola oil, and vanilla. Over medium heat bring to a boil, stirring occasionally. Boil and stir for one minute. Turn heat to low, and stir in powdered sugar. If necessary, add a little more soy/rice milk to achieve a very smooth, spreading consistency. Using a spatula, spread glaze on brownies *immediately*. Quickly sprinkle chopped walnuts evenly over the glaze, and press them lightly into it before it hardens.