

Recipe Name: Fruit And Nut Lauki Brownies Recipe

Diet Type:

Course: Dessert

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Rolled Oats - ground to flour	4
• 1/2 cup Cocoa Powder - +2 teaspoons	
• 1 teaspoon Baking soda	
• Salt - a pinch	
• 1/2 cup Peanut Butter - or almond butter	
• 1/2 cup Apple puree - (peeled	
• 1-1/2 cups Bottle gourd (lauki) - grated	
• 1/4 cup Walnuts - chopped	
• 1/4 cup Cranberries - chopped	
• 1/2 cup Chocolate chips	
• 4 tablespoons Honey	
• 1 teaspoon Vanilla Extract	
• Chocolate ganache - or Chocolate sauce as needed (optional)	

Preparation

- To begin making Fruit And Nut Lauki Brownies Recipe, prep all the ingredients and keep them ready and handy.
- Grease and line a square brownie dish and set aside.
- Also keep the oven on preheating mode at 175 C for about 10 minutes.
- Meanwhile, beat the nut butter (peanut butter or almond butter, apple sauce made by cooking the apple, grinding and pureeing them, vanilla extract and honey together in a bowl till it looks and feels homogenous.
- Add grated lauki into this and mix well.
- In another mixing bowl, mix together oat flour, salt, cocoa powder and baking soda.
- Combine the wet and dry ingredients together.
- This should yield a thick batter.



- Toss the walnuts, cranberries and chocolate chips in 1-2 teaspoons cocoa powder and incorporate into the batter.
- The batter should not be very runny.
- You can adjust consistency with one or two teaspoons of oats flour if the batter is thin.
- Transfer the batter into the brownie dish and bake in a 175 C preheated oven for 28-30 minutes or until done.
- Insert a skewer in the middle of the dish to check if it is baked thoroughly.
- If the skewer comes clean, the brownie is done.
- Or else, you can continue baking for a couple of more minutes till done.
- Cool on a wired rack.
- Cut into slices and then top the brownie with chocolate sauce/ganache and serve.
- This Fruit And Nut Lauki Brownies Recipe can also be served as a party dessert after a meal like Orange Flavored Barbecue Chicken With Fresh Salad Recipe during a barbeque party at home, or after a meal of Fettuccine Pasta with Roasted Red Bell Pepper Sauce Recipe with your family and friends.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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