

Recipe Name: Eggless Beetroot Brownie Recipe Made With Amaranth Flour

Diet Type: Vegetarian

Course: Dessert

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Beetroot Puree - steamed and pureed	6
• 1/2 cup Chocolate chips - semisweet	
• 1/2 cup Brown Sugar (Demerara Sugar) - (adjust)	
• 1/4 cup Cocoa Powder	
• 2 tablespoons Butter - softened	
• 1 teaspoon Vanilla Extract	
• 1/4 cup Ripe Bananas - mashed	
• 3/4 cup Rajgira Flour (Amaranth Flour)	
• 3/4 teaspoon Baking powder	
• 1/2 cup Walnuts - chopped	
• 1/4 teaspoon Salt	

Preparation

- To begin making the Eggless Beetroot Brownie Recipe Made With Amaranth Flour, first get all the ingredients prepped and ready.
- Once cooked, cool the beetroot and puree the beetroot.
- Keep aside.
- The size of parchment paper or the aluminum foil should be big enough that later on, you can hold along the sides and take it out from the hot pan easily, carrying out the baked brownie for cooling.
- Melt the chocolate in a double boiler or in the microwave oven, in a medium size bowl.
- Heat on high for 1 minute and then mix it using a spoon.
- Take care not to burn the chocolate.
- Stir it well, it should be smooth.



- In the same bowl, combine the beet puree, sugar, cocoa powder, unsalted butter, vanilla extract and mashed bananas and whisk it well.
 - I usually beat in a mixer at a low pulse for a minute or so till the mixture is smooth and creamy.
 - In a mixing bowl, sieve the amaranth flour along with baking powder.
 - Add the smooth and creamy beetroot mixture.
 - Add the chopped walnuts and salt.
 - Stir and mix the beetroot brownie batter well with a spatula but do not overbeat.
 - Pour the beetroot brownie batter into the prepared pan and bake for 35-40 minutes.
 - When done, the edges of the beetroot brownies will be visibly baked through and the center will be set (that is, not wiggly) when you shake the pan.
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- Cool the beetroot brownies with amaranth flour completely in the pan on a wire.
 - After the brownies are completely cooled, after an hour, cut them into neat squares.

Macronutrients

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