



Paula M. Youmell, RN, MS, CHC
Certified Holistic Health, Nutrition & Fitness Counselor

(315) 265-0961 pyoumell@gmail.com

Brownies:

<u>Before</u>	<u>After</u>
2/3 cup margarine or butter	2/3 cup butter from organically raised, grass fed cows
5 squares unsweetened chocolate	5-10 tbsp. organic cocoa powder and 3 tbsp. Butter (see above) OR 5 squares organic baking chocolate, unsweetened
2 cups sugar	½ to 1 cup organic, unrefined sucanat sugar or Rapunzel Rapadura Sugar
2 tsp. vanilla	3-4 tsp. real vanilla
3 eggs	3 eggs from local, naturally raised chickens (not grain fed)
1 cup all-purpose flour	1 cup whole grain flour: spelt, oat, corn, teff, rye, buckwheat, etc.
Optional: 1 cup chopped nuts	1 cup chopped organic nuts
Bake at 350 F for 40-45 minutes	Bake at 350 F for 20-25 minutes

Preheat oven.

Heat butter to melt over low heat, add baking squares if using instead of cocoa powder.

Beat sugar, vanilla and eggs.

Beat in butter.

Beat in flour just to moisten, cocoa powder too if using instead of baking squares.

Stir in nuts if using.

Use dregs of butter in pan from melting it to grease an 8x8 pan.

Bake until edges are just starting to pull from pan, do not overcook or they are dry.

Cool & enjoy!

If you would like more personalized attention around food, health and healing please contact Paula Youmell to set up a Nutrition and Health Consultation. She can be reached at the contact information above.

Enjoy radiant health today and every day!

Copyright © Hands On Health Holistic Healing