Gluten-free Brownies

Created by Felicia Watson, M.S., FSHN graduate student

Ingredients:
¼ cup cocoa powder
1 cup sugar
½ teaspoon salt
2/3 cup tapioca flour
1/3 cup potato starch
1 teaspoon xanthan gum
1 teaspoon baking soda
½ cup plain walnuts, chopped finely
½ cup butter
½ cup milk
4 whole eggs
1 ½ teaspoons vanilla extract

Nutrition Facts
Serving Size 2" brownie
Servings Per Container 12

Amount Per Serving

Calories 240 Calories from Fat 110

	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 300mg	**13%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 1g	**4%**
Sugars 18g	
Protein 4g	

Vitamin A 6% • Vitamin C 0%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:
Preheat oven to 350ºF. Grease bottom of 8-inch square pan, leaving sides ungreased.

Place butter in the top of a double boiler over hot water and stir until melted. Add cocoa powder and whisk until fully incorporated. Remove from heat.

Mix sugar, salt, tapioca flour, potato starch, xanthan gum and baking soda until blended. Add dry blend to chocolate mixture.

Blend together the milk, eggs and vanilla extract. Add to chocolate batter. Mix in walnut pieces.
Pour batter into prepared pan. Bake for 20-25 minutes until set. Allow to cool before cutting.

Yield: 12 brownies
Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

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