

# Gluten-free Chewy Brownies

Created by Brandon Thompson, FSHN graduate student

## Ingredients:

1 2/3 cup granulated sugar  
3/4 cup butter or margarine  
2 tablespoon water  
2 large eggs  
2 teaspoons vanilla  
2 teaspoons xanthan gum  
2/3 cup tapioca flour  
2/3 cup millet flour  
2/3 cup corn starch  
1/3 cup oil  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup cocoa

## Directions:

Preheat oven to 350° F. Grease 13x8 inch pan.

Combine sugar, water, oil and butter in large bowl. Stir in eggs and vanilla. Combine flours, xanthan gum, cocoa, baking powder and salt in medium bowl; stir into sugar mixture.

Spread into prepared baking pan. Bake 18-22 minutes or until wooden pick comes out slightly sticky.

Yield: 24 brownies

Adjusted for 5,000 feet—will work from 3,500 -6,500 feet.

Nutrition Facts	
Serving Size 2" brownie	
Servings Per Container 24	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 90
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% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein</b> 1g	
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Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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	

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