

Double Chocolate Zucchini Brownies

My granny always had so much leftover zucchini in her garden, it was a challenge to use it all. I invented this recipe when she gifted me a huge bag of zucchini one summer fresh from her garden. Zucchini is very high in water and fiber content. It's the perfect way to moisten brownies without adding extra fat and get extra fiber in your diet.

Make 12, 1.5 ounce brownies

Ingredients

5 ounces bittersweet dark chocolate, chopped
1/4 cup vegetable oil
2 egg whites
1 cup granulated sugar
2 teaspoons vanilla extract
1 cups all-purpose flour or oat flour, plus 1 tablespoon for flouring the pan
1/4 cup unsweetened cocoa powder
1 1/2 teaspoons baking soda
1/4 teaspoon salt
1/4 teaspoon ground cinnamon or pumpkin pie spice
1 1/2 cups shredded zucchini, (about 1 large zucchini)
1/2 cup chopped walnuts or almonds
Non-stick cooking spray

Directions

Preheat oven to 350 degrees F. Coat a 8x18-inch baking pan with cooking spray and sprinkle with the one tablespoon of flour. Shake the pan until the flour evenly coats the inside of the pan. Place chocolate in an ovenproof dish and place in the oven, 5-6 minutes until just melted. Or place chocolate in microwave (30 seconds to 1 minute) until melted. Cool slightly.

In a large bowl, mix together the oil, egg white, sugar, vanilla and melted chocolate until well blended. Stir in the flour, cocoa, baking soda, salt, cinnamon or pumpkin pie spice. Fold in the zucchini and nuts. Spread evenly into the prepared pan.

Bake for 25-30 minutes, until toothpick comes out clean when inserted in the center of the pan. Cool completely in the pan and cut into squares. Store in an air-tight container for up to 3 days.

Did You Know...

Fried Zucchini flowers are a delicacy! Many cultures stuffed zucchini flowers with tender fillings like cheese, mashed potato, and chopped ham. In Mexico, they use fresh goat cheese as a filling, and whip egg whites to make a light batter before frying.

Make It a Meal

Serve with Citrus Almond Chicken, Zucchini with Sage, Sweet Potato Mash.

Wine Pairing

Riesling, Pinot Noir, Port