

PUMPKIN SPICE BROWNIES



This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

INGREDIENTS

- 1 flax egg (1 tbsp ground flax + 2 tbsp water)
- 1/3 cup of pumpkin puree
- 1 1/2 cups of plain oatmeal, or whole wheat flour
- 1/4 cup unsweetened cocoa powder
- 3/4 cup brown sugar
- 2/3 cup peanut butter
- 2 tbsp syrup
- 3-4 tbsp milk or milk alternative
- 1 1/2 tsp baking powder
- 1/3 cup chocolate chips

Recipe Source: <https://upbeetkitchen.com/2019/11/26/vegan-almond-butter-pumpkin-spice-brownies/>

DIRECTIONS

1. Preheat the oven to 350 degrees
2. Mix the peanut butter, syrup, sugar, milk, pumpkin puree, and vanilla extract in the bowl.
3. In a separate bowl, mix together the dry ingredients.
4. Combine the wet and dry ingredients and then mix in the chocolate chips.
5. Grease the baking dish, pour in the batter, and bake for 20 minutes.
6. Leave it to cool and harden at room temperature for at least 40 minutes.
7. Slice and serve (with fresh berries if desired)

NUMBER OF SERVINGS

9-12

TIME TO
PREPARE
10 mins

TIME TO
COOK
20 mins

TOOLS NEEDED

- Mixing bowl
- Mixing spoon
- Measuring cups
- Measuring spoons
- Rubber spatula

