

Grain-Free Fudge Brownies

2/3 c. white buckwheat flour
1/2 c. amaranth flour
1/2 c. quinoa flour
1/2 c. carob powder
1/4 c. maple or date sugar
2 tbsp. tapioca starch or arrowroot
1/2 tsp. baking soda

1/4 tsp. salt
1/2 c. thawed white grape or apple juice concentrate
1/2 c. canola or sunflower oil
1 1/2 tsp. vanilla extract (optional)

Preheat oven to 350°. Coat 11" x 7" baking dish with cooking spray and flour it. In large bowl, whisk all dry ingredients. Combine juice, oil, and vanilla; quickly pour into flour mixture and mix just until combined. Batter will be quite thick. Spread in pan, making sure corners are filled. Bake 13-14 minutes or until edges are brown and small cracks appear on top. Makes 16 brownies.