

Flax Brownies
Jada Jude Emerson

Preheat oven to 350°F

Mix together until creamy:

¼ cup unsalted butter at room temp
1 ½ cup sugar
1 TBSP vanilla extract

Add in 3 parts, beating well after each addition:

½ cup plus 2 TBSP of egg whites

Whisk together in medium sized bowl:

¾ cup of whole wheat or white flour
½ cup of cocoa powder
½ tsp baking powder
1/3 tsp salt
1/3 tsp black pepper

Gradually add flour mixture into egg mixture blending well. Do not over mix.

Stir in:

4 TBSP of ground flax seed
1 cup chopped pecans or walnuts (optional)

Spread in lightly greased 8 x 8 inch pan

Bake 40 to 45 minutes until brownies pull away from sides of pan

Cook completely before cutting into squares.

Yield: 16 (2x2)
241/27/3/15/74

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