

The Farm at St. Joe's

Zucchini Brownies

Ingredients:

2.5 cups zucchini, chopped
1/4 cup vegetable oil
1/2 cup nonfat honey Greek yogurt
1/2 cup honey
1/4 cup brown sugar
1 Tablespoon vanilla extract
1/2 cup unsweetened cocoa powder
2 cups whole wheat flour
1.5 teaspoon baking powder
1 teaspoon salt



Directions

- 1) Preheat oven to 350 degrees and grease a 9x13" pan.
- 2) In a blender (or food processor), puree the zucchini, vegetable oil, yogurt, honey, and vanilla extract.
- 3) In a separate large bowl, whisk together the cocoa powder, flour, baking powder, and salt.
- 4) Add blended ingredients to the dry ingredients and stir until mixture is moist throughout.
- 5) Pour brownie mixture into the greased pan and use a spatula to spread it evenly.
- 6) Bake for 20-25 minutes or until a toothpick stuck in the center comes out cleanly.
- 7) Let brownies cool for 20-30 minutes before serving.

Tips:

- ❖ Applesauce can be used in place of vegetable oil to reduce fat content
- ❖ Serve with raspberries or strawberries on top for added sweetness and fiber

Serves 15. Nutrition per serving: 148 calories, 5g fat, 213mg sodium, 27g carbs, 14g sugar, 3g protein

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit stjoeshealth.org/classes.

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