

CHEF TINA'S WHOLE GRAIN FUDGY BROWNIES

Pre-heat oven to 350F.

Equipment: 9x9 square pan, sprayed w/pan spray

Melt:

1 1/2 sticks butter

1/4 cup canola oil

8 oz chocolate (bittersweet is best)

Add:

1 cups unbleached white flour

1/4 cup oat flour

1/4 cup barley flour

1 Tsp cocoa powder

1/4 tsp salt

Stir just until moistened and add:

3 Eggs

1 cup sugar

1/2 cup brown sugar

NOTES:

It is easiest to melt the chocolate and butter on 1/2 power in Microwave. Stir frequently so chocolate does not burn.

To add more grain: Remove 1/4 cup from the white flour and substitute 1/4 cup whole wheat. It will make the brownies more dense.

The best way to ensure easy removal is to line the pan with parchment (NOT wax paper) AND lightly spray the pan, paper and all.

The best way to cut them is slightly frozen- NOT refrigerated. Refrigerator will dry them out too quickly. Otherwise, don't cut them until they are completely cooled.