

Chocolate Brownies

3/4 cup low-fat or defatted soy flour (Important)
3/4 cup tapioca starch
2 cups granulated sugar
1/2 cup unsweetened cocoa powder, sifted
1/2 tsp GF baking powder
1/4 tsp salt
4 eggs
1 cup vegetable oil
1/4 cup water
4 tsp vanilla

Preheat oven to 350 F. Lightly grease a 9 x 13 baking pan.

In a large bowl or plastic bag, combine soy flour, tapioca starch, sugar, cocoa, baking powder and salt. Mix well and set aside.

In a separate bowl, combine eggs, oil, water and vanilla until blended. Stir in dry ingredients until just combined.

Pour into prepared pan. Using a rubber spatula, spread to edges and smooth top.

Bake in preheated oven for 30–35 minutes, or until moist crumbs cling to a tester inserted in the centre. Let cool completely in pan on a rack. Store in an airtight container at room temperature for up to 5 days or freeze for up to 2 months.

Do not substitute high-fat soy flour or brownies will not bake as well. Also, they say that the brownies look rather wet when baked, but don't increase the baking time. Brownies can also be made in mini muffin tins for two-bite brownies.

Source: Deb Paris