

Beet Brownies

Katie Blanchard, Irene Hussey, and Sarah Stadler

- 10 dark chocolate (70% cocoa solids), broken into pieces
- 1 ¼ cup unsalted butter, cut into cubes, plus more for greasing
- 1 cup sugar
- 3 eggs
- 1 cup flour
- 250g of beetroot, boiled until tender, peeled and grated

- Preheat oven to 350, grease baking pan
- Melt the chocolate and butter
- In a separate bowl, whisk together the eggs and sugar.
- Add the melted chocolate/butter mixture and beat until smooth
- Fold in the flour and then the beets. Do not overmix.
- Bake for about 20 minutes.

Beets

While beet greens are also delicious, this snack only incorporates the large, fleshy root of the plant. Beetroots have a particularly high sugar content.

History: The wild beet is believed to have its roots in North Africa, and spread to grow wild along Eurasian coastlines. Originally only the greens were harvested for human consumption, until the ancient Romans first cultivated the plants for the roots. The beet rose in popularity during the 19th century, as its potential as a source of concentrated sugar became better understood.

Nutrition: Beets are an excellent source, folate, and a good source of manganese and potassium, dietary fiber, vitamin C, magnesium, iron, copper and phosphorus.

Theobroma cacao: “Food of the gods”

The pale seeds of the cacao tree grow in large pods that sprout directly from the trunk.

History: Cacao was domesticated in the Amazon and spread northward to Mexico. Extremely important to indigenous American peoples, the seed was used in a sacred drink and as currency. Through Spanish conquest it was introduced to Europe and eventually mass-produced into solid chocolate. 70% of modern cacao is grown in West Africa; child labor and enslavement for the industry there have been recognized issues since 1998.

Nutrition: Theobromine (related to caffeine) is a compound in raw cacao beans that dilates the blood vessels and stimulates the heart, leading to lowered blood pressure and muscle relaxation.