



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Cauliflower**

Cauliflower Chocolate Brownies

Ingredients:

2 cups cauliflower florets
½ cup plain full-fat yogurt
½ cup vegetable oil
¾ cup sugar
2 eggs
2 tsp vanilla extract
2 cups all-purpose flour
½ cup cocoa powder
2 tsp baking powder
1 tsp espresso powder
¼ tsp salt
¾ cup whole milk
Walnuts, chopped (optional)

Directions:

Preheat your oven to 350F. Grease a 13x9 inch rectangular baking pan. Set aside.

Steam or boil the cauliflower for a few minutes until tender. Drain, rinse under cold water to cool and purée. Set aside.

Beat the yogurt, milk, oil, and sugar together in a large bowl. Add the eggs, one at a time and beating each one until well blended. Stir in the pureed cauliflower and vanilla.

In a separate bowl, whisk the flour, cocoa, baking powder, espresso powder, and salt. Alternating, add ⅓ of the flour mixture to the egg mixture and gently combine. Repeat until all combined. Fold in walnuts. Pour the batter into the prepared baking pan. Bake for 30=35 minutes or until an inserted toothpick comes out clean. Cool for 10 minutes before slicing.