

Barley Brownies

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Ingredients

- 10 tablespoons (1¼ sticks) melted butter
- 1¼ cups sugar
- ¾ cup plus 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon salt (optional)
- ½ teaspoon pure vanilla extract
- 2 large eggs, cold
- ½ cup barley flour
- ⅔ cup walnut or pecan pieces (optional)

Equipment

- 8x8-inch baking dish
- non-stick cooking spray, butter or vegetable oil for greasing baking dish
- rubber spatula
- wooden spoon
- measuring cups
- measuring spoons
- 1 medium bowl

Method

1. Position a rack in center of the oven and preheat the oven to 325°F.
2. Grease 8x8-inch pan with non-stick cooking spray, butter or vegetable oil (or if using parchment paper or aluminum foil, line the bottom and sides of the baking pan with it leaving an overhang on all sides).
3. Measure butter, sugar, cocoa powder and salt into bowl and cream with wooden spoon until smooth.
4. Stir vanilla into chocolate mixture.
5. Add the eggs one at a time, beating vigorously with wooden spoon after each egg is added.
6. When the batter looks thick, shiny and well blended, add the flour. Mix until flour is blended into mixture, then beat batter vigorously for 1 minute with a wooden spoon or a rubber spatula.
7. Stir in the nuts (optional).
8. Spread batter evenly in pan.
9. Bake about 40–50 minutes (until a toothpick inserted into the center comes out clean).
10. Let cool completely on a rack before serving.

Makes about 16 2x2-inch bars

Tips

- Use parchment paper or aluminum foil to line the pan instead of greasing it with non-stick cooking spray, butter or vegetable oil. This will guarantee that the brownies don't stick to the pan and cleanup will be easier.
- Try adding ¼ cup chocolate chips.
- Use of electric mixer will make final product tough. It is better to beat by hand.
- Adding nuts or chocolate chips will change nutrition information.

Nutrition Facts

Serving Size (39g): About 1 bar
Servings Per Container: 16

Amount Per Serving

Calories 160 **Calories from Fat 80**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 50mg **2%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 2g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Total Cost: \$2.79

Cost per serving: \$0.17

*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.





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