

# SWEET TALK



## PUMPKIN AVOCADO BROWNIES

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### Sugars & Molasses

Sugar cane juice is boiled to remove water, which forms molasses. Molasses is removed through processing and makes sugar white. Molasses is added back to make brown sugar.



### Agave

Agave nectar is made from the agave plant in hot and dry areas of North and South America. Darker agave is processed less and has more minerals.



### Honey

Honey is produced by bees dating back 8,000 years ago. Honey contains sugars, amino acids, antioxidants, vitamins, minerals, and enzymes.



### Stevia

Stevia tastes 200x sweeter than sugar but provides no calories. It is from a stevia plant native to South America and processed to remove a bitter taste.



## ARTIFICIAL

*Non-nutritive sweeteners are sometimes called artificial sugars, because they are not found in nature. Think about the pink, yellow, or blue packets.*

### Saccharin

200x sweeter than sugar  
Made by a chemist  
experimenting in a lab

### Aspartame

200x sweeter than sugar  
Made of two amino acids  
used to make protein

### Sucralose

600x sweeter than sugar  
Made by altering sugar at the molecular level

### Ingredients

- 1/2 cup pumpkin puree
- 1/2 medium mashed avocado
- 2 eggs
- 1/4 cup honey
- 2 tablespoons applesauce
- 3 tablespoons whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon pure vanilla extract
- 1 teaspoon baking soda
- 1/4 teaspoon fine salt
- 1/3 cup mini chocolate chips

### Instructions

1. Preheat oven to 350°F. Line a mini-muffin tin with liners or grease with oil or non-stick cooking spray.
2. Combine all of the ingredients in a bowl except for the chocolate chips. You may also use a standup mixer, blender, or food processor. If using a blender or food processor, you do not need to pre-mash the avocado.
3. Stir or blend the ingredients just until smooth.
4. Fold in 1/3 cup chocolate chips
5. Fill each muffin well with batter.
6. Bake in the oven for 14-16 minutes or until the brownie bites are slightly firm to touch.
7. Remove from oven and let cool for about 15-20 minutes. Transfer muffins to a wire rack to finish cooling before enjoying. The brownie bites taste best after completely cooling.