



“HEALTHIER” ULTIMATE BROWNIES

Ingredients

- 5 ounces unsweetened (baking) chocolate
- 3 ounces semi-sweet chocolate chips
- 5 tablespoons unsalted butter, plus extra for greasing baking pan
- 5 large eggs, at room temperature
- 2 cups (11 ounces) demerara/turbinado sugar
- 1 tablespoon vanilla extract
- 1/2 cup wheat germ
- 1 cup bread flour
- 1/2 cup full-fat Greek or Balkan-style plain yogurt
- 1 teaspoon kosher salt

Equipment

- 9”x13” glass baking pan
- Spatulas
- Small saucepan
- Large mixing bowl
- Hand or stand mixer
- Grinder/food processor (mini size is preferred for grinding 1/2 cup)

Preparation

1. Preheat oven to 375°F with the rack in the lower middle portion (2nd from the bottom).
2. Melt unsweetened baking chocolate, semi-sweet chocolate chips, and butter in a small saucepan, over low heat. Once they are melted into a smooth mixture, set aside on a trivet to cool down to room temperature.
3. Combine eggs, sugar and vanilla in a large bowl, and beat on high speed with a mixer for 10 minutes. Mixture will become light in color and most of the sugar crystals will be dissolved. Set aside.
4. Place wheat germ in a food processor/grinder and pulse for 3 minutes until a powdery texture is achieved.
5. Add the melted chocolate, ground wheat germ, bread flour, yogurt and kosher salt into the large bowl with the egg-sugar-vanilla mixture. Mix on low speed for a few seconds, then on high speed for 5 minutes, pausing occasionally to scrape batter from the sides of the bowl. The batter will initially be golden brown in color and will darken as the chocolate becomes incorporated. Let the batter sit in the bowl for 20 minutes after mixing.
6. Pour into the greased baking pan and spread evenly. Bake in the oven for 30 minutes. Insert a toothpick in the middle and if it comes out clean it's done and can be taken out. If not, keep in the oven at two-minute increments, until the toothpick comes out clean.
7. Let it cool on the counter for at least 2 hours before serving. It is best devoured the next morning (if you bake it at night) – hard to do, but it will be worth the wait! It becomes much denser the next morning.

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Please email us at gourmeted@gmail.com if you have questions. Enjoy and happy baking!