

# *Myochi's Vegan Chocolate-Walnut Brownies*

Heat oven to 350°. Lightly oil a 12-by-17 inch baking sheet.

1 cup oil (canola or olive or a mixture of both)

1 cup pure maple syrup

1 cup honey

½ cup soy milk

*You could experiment with using other type of milk here as well, like coconut or almond*

1 tablespoon vanilla extract

2 cups flour

*I usually use 1 cup whole wheat pastry flour and 1 cup unbleached all-purpose flour  
(organic of course)*

1 cup unsweetened cocoa powder

2 teaspoons baking powder

¼ teaspoon baking soda

1½ teaspoons sea salt

1 cup lightly toasted walnuts, chopped

1 cup unsweetened chocolate chips

*I use about 5 oz of Ghirardelli 100% Cacao baking bar, which is one whole bar plus two squares, and chop it into chip size pieces, but you can substitute whatever works for you*

1. In a large bowl, whisk together the oil, maple syrup, honey, soy milk, and vanilla.
2. In a separate bowl, sift together the flours, cocoa, baking powder, baking soda, and salt.
3. Fold the dry ingredients into the wet with a rubber spatula. Don't over mix. Fold in the nuts and chocolate pieces.
4. Pour the batter into the pan and smooth the top. Bake for 30 to 35 minutes, until some surface cracks appear. Don't over bake. The brownies will set more as they cool.
5. Set the pan on a rack to cool, then cut up into individual portions.

These freeze well and are even delicious cold.

***Warning: don't eat too many before bedtime! With all that delicious chocolate in your system, you might be kept awake!***