

Kathy's Decadent Persimmon Brownies

- 1 cup rolled oats, ground (or any grain flour)**
- 1/2 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1/4 cup cocoa powder**
- 1 ¼ - 2 cup (315 - 450g) persimmon puree, frozen or fresh**
- 1 tablespoon vanilla**
- 1/2 cup chocolate chips (optional)**
- 1/2 cup chopped pecans, heartnuts or walnuts (optional)**
- 1 large egg**

Nutrition Facts	
Servings: 16	
Amount per serving	
Calories	92
% Daily Value*	
Total Fat 2.9g	4%
Saturated Fat 1.1g	6%
Cholesterol 12mg	4%
Sodium 117mg	5%
Total Carbohydrate 15.6g	6%
Dietary Fiber 1g	4%
Total Sugars 2.8g	
Protein 1.9g	
Vitamin D 1mcg	6%
Calcium 13mg	1%
Iron 1mg	7%
Potassium 134mg	3%

I like using a food processor to create “flour” from the oatmeal and then stir the other ingredients. Omitting the chocolate chips and pecans will save 27 and 7 calories/serving respectively per serving.

1. Grind oatmeal in food processor till fairly fine (or use any flour). Add next 3 dry ingredients and pulse to stir. Pour out dry ingredients and set aside. (can be stored in ungreased baking pan)
2. Put persimmon puree (thawed if frozen) into food processor. Check carefully for any remaining seeds. Pulse until smooth. Add Vanilla and egg. Pulse till foamy. Add pecans and chocolate chips. Pulse to mix.
3. Add dry oatmeal mix to puree mix and pulse to stir till well combined. Scrape down sides.
4. Pour mixture into greased 8 x 8 pan. Bake at 350 for 18 minutes or less. Makes 16 servings.

Amounts for doubling Recipe

- 2 cup rolled oats, ground (or 2 cups any grain flour)**
- 1 teaspoon baking soda**
- 1 teaspoon salt**
- 1/2 cup cocoa powder**
- 2 ½ - 4 cups (up to 900g) persimmon puree, frozen or fresh**
- 2 tablespoon vanilla**
- 1 cup chocolate chips**
- 1 cup chopped nuts**
- 2 large eggs**