

Food 52  
Vegan

# Double-Chocolate Brownies

MAKES 6 LARGE BROWNIES OR 9 SMALLER BROWNIES

2 tablespoons lukewarm water  
1 tablespoon ground flaxseeds  
1½ cups (190g) unbleached all-purpose flour  
1½ cups (300g) sugar  
½ cup (40g) unsweetened cocoa powder  
1 teaspoon baking powder  
¾ teaspoon salt  
1 tablespoon instant espresso powder  
1¼ cups (300ml) unsweetened nondairy milk, homemade (pages 133 and 134) or store-bought  
½ cup (120ml) canola oil  
2 teaspoons vanilla extract  
½ cup (85g) chocolate chips  
½ cup (50g) walnuts, chopped

People often ask me if chocolate is vegan-friendly, and I always reply that if it weren't, I'd be one grief-stricken vegan! The good news is, a lot of bittersweet or dark chocolate is dairy-free. But do read the ingredients even for these; sometimes milk or milk powder is included. Once you've gotten your hands on some vegan chocolate chips, whip up these dense, chewy, walnut-studded vegan brownies. Instant espresso powder heightens the chocolate flavor and gives the brownies a wonderful mocha taste.

1. Preheat the oven to 350°F (175°C) and oil an 8-inch (20cm) square baking pan.
2. In a small bowl or measuring cup, whisk together the water and ground flaxseeds and let sit until thick.
3. In a large bowl, whisk together the flour, sugar, cocoa powder, baking powder, salt, and espresso powder.
4. In a medium bowl, whisk together the nondairy milk, oil, vanilla, and flaxseed mixture. Add to the flour mixture, along with the chocolate chips and walnuts, and stir just until combined. Pour the batter into the prepared pan and smooth the top.
5. Bake for 45 to 55 minutes, until a toothpick inserted into the center comes out clean.
6. Let cool for 20 to 30 minutes before cutting into squares and serving.

## Choosing Sugar

You may be surprised to hear that a great deal of the sugar sold in the United States isn't vegan. Bone char—charcoal made from pulverized animal bones—is frequently used in the refining process for conventional cane sugar. For this reason, most vegans avoid conventional white and brown sugars. All organic sugar (white, brown, and confectioners') is made without bone char and is therefore vegan, as are evaporated cane juice, unbleached cane sugar, Demerara sugar, and liquid sweeteners like maple syrup and agave nectar.