



# Eggless Aata Jaggery Brownies



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## Introduction

Eggless Aata Jaggery Brownies are a delicious dessert option that balances flavor and health. Made with whole wheat flour and sweetened with jaggery, these brownies offer a guilt-free indulgence that everyone can enjoy. Whether you are vegan, on a health kick, or simply looking to try something new, this recipe is a must-try.

## Detailed Ingredients with measures

- Whole wheat flour - 1 cup
- Jaggery, grated - 3/4 cup
- Cocoa powder - 1/4 cup
- Baking powder - 1/2 teaspoon
- Baking soda - 1/4 teaspoon
- Salt - 1/4 teaspoon
- Milk - 1/2 cup
- Vegetable oil - 1/4 cup
- Vanilla extract - 1 teaspoon
- Chopped nuts (optional) - 1/4 cup

## Prep Time

20 minutes

## Cook Time, Total Time, Yield

Cook Time: 25 minutes



Total Time: 45 minutes

Yield: 10 brownies



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## Detailed Directions and Instructions

### Preparation

Preheat the oven to 180°C (350°F). Grease and line an 8-inch square baking pan with parchment paper.

### Mixing Wet Ingredients

In a mixing bowl, combine melted butter, jaggery powder, and vanilla extract. Whisk until smooth.

### Incorporating Dry Ingredients

Sift together whole wheat flour, cocoa powder, baking powder, and a pinch of salt in a separate bowl. Gradually fold the dry mixture into the wet ingredients until just combined.

### Adding Milk

Pour in the milk and mix until the batter is smooth and free of lumps.

### Incorporating Chocolate Chunks

Gently fold in the chocolate chunks or chips into the brownie batter.

### Baking

Pour the batter into the prepared baking pan, spreading it evenly. Bake for 25-30 minutes or until a toothpick inserted in the center comes out with a few moist crumbs.

See also Paella

**Cooling**

Allow the brownies to cool in the pan for 10-15 minutes before transferring them to a wire rack to cool completely.

**Serving**

Once cooled, cut the brownies into squares and serve.

**Notes****Storage**

Store the brownies in an airtight container at room temperature for up to 3 days.

**Sweetness**

Adjust the amount of jaggery according to your taste preference for sweetness.

**Add-Ins**

Feel free to add nuts or dried fruits to the brownie batter for extra texture and flavor.

**Substitutions**

You can replace jaggery with brown sugar if jaggery is not available.

**Oven Variations**

Oven temperatures can vary; keep an eye on the brownies while baking to prevent overcooking.





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## Cook techniques

### Using Aata (Whole Wheat Flour)

Whole wheat flour adds a nutritious twist to brownies, providing a nutty flavor and a denser texture.

### Incorporating Jaggery

Jaggery is a natural sweetener that not only sweetens but also imparts a unique caramel-like taste and a hint of molasses to the brownies.

### Eggless Baking

Egg substitutes such as yogurt or applesauce create moisture and binding in eggless recipes, ensuring the brownies hold together perfectly.

### Mixing Techniques

Gentle folding of wet and dry ingredients helps to maintain the desired texture without over-mixing, which can lead to tough brownies.

### Baking Time and Temperature

Keeping a close watch on baking time is crucial; underbaking can lead to gooey brownies, while overbaking dries them out.

## FAQ

### Can I substitute jaggery with other sweeteners?

Yes, you can use brown sugar or maple syrup, but be mindful that it may alter the flavor and texture slightly.



**What can I use as an egg substitute?**

You can use yogurt, applesauce, or a flaxseed meal mixed with water for binding in eggless baking.

See also [Greek Lemon Chicken Soup Recipe](#)

**How do I know when the brownies are done?**

Check for a toothpick inserted in the center; if it comes out with a few moist crumbs, they are done.

**Can I add nuts or chocolate chips?**

Absolutely! Chopped nuts or chocolate chips can enhance the flavor and texture of the brownies.

**How should I store the brownies?**

Store in an airtight container at room temperature for up to three days or refrigerate for longer freshness.



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## Conclusion

The eggless aata jaggery brownies are a delightful treat that beautifully balances rich flavors with wholesome ingredients. They are a perfect dessert for those who prefer a healthier option without compromising on taste. The use of jaggery instead of refined sugar not only adds a unique flavor but also provides nutritional benefits, making these brownies a guilt-free indulgence. Enjoy them warm or chilled, and they are sure to satisfy your sweet cravings!

## More recipes suggestions and combination

### **Avocado Chocolate Brownies**

Try substituting some of the fat with ripe avocado for a creamy texture and added nutrients.

### **Nuts and Seeds Addition**

Incorporate walnuts, almonds, or chia seeds into the batter for extra crunch and nutrition.

### **Coconut Flour Variation**

Experiment with coconut flour instead of whole wheat flour to add a subtle coconut flavor and make the brownies gluten-free.

### **Fruit Swirls**

Add swirls of fruit purees like raspberry or mango for a fruity twist and a pop of color.



### Spiced Brownies

Add a pinch of cinnamon or nutmeg to the batter for a warm, spiced flavor profile.

### Chocolate Chip Topping

Top the brownies with dark chocolate chips before baking for an extra layer of chocolate goodness.

See also Shipwreck Casserole



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