



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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