

Fudgy Kalo Brownies



Serves 12 • Prep time ~35 minutes • Bake time ~45 minutes

Developed by: Reggie, Julia, Tala, Franky • FSHN 381 UH Mānoa

INGREDIENTS

- 1 medium Taro, peeled and cubed
- ½ ripe Avocado, mashed
- 2 tablespoons Unsalted butter, melted
- ¼ cup Brown sugar, packed
- ¼ cup White sugar
- 2 tablespoons unsweetened applesauce
- 2 tablespoons Nonfat Greek yogurt
- 1 large Egg
- ¼ cup Low-fat milk
- 1 ½ teaspoons Vanilla extract
- ½ cup All-purpose flour
- ½ cup Whole-wheat flour
- ⅓ cup Unsweetened cocoa powder
- 1 teaspoon baking powder
- Pinch salt
- ⅓ cup Dark chocolate chips

DIRECTIONS

1. Preheat oven to 350°F. Line or lightly oil an 8x8-inch pan.
2. Steam taro for 25 minutes until fork-tender. Blend together taro and avocado until smooth.
3. Whisk melted butter, brown sugar, and white sugar until combined.
4. Mix in applesauce, Greek yogurt, egg, milk, vanilla, and the taro-avocado mixture.
5. In a separate bowl, stir together both flours, cocoa powder, baking powder, and salt.
6. Fold dry ingredients into wet until just combined.
7. Chop ⅓ of the chocolate chips and fold them into the batter.
8. Spread the batter evenly into the pan; sprinkle the remaining chocolate chips on top.
9. Bake for 40-45 minutes, or until a toothpick comes out mostly clean.
10. Cool completely, then cut into 12 squares.
11. For storage: wrap squares in plastic wrap, then foil: freeze for up to 2 weeks.

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RECIPE NOTES

Steaming and Preparation

- Steam peeled and cubed taro for 25 minutes, or until very soft.
- Blend warm taro with avocado for the smoothest puree.

Ingredient Substitutions

- Replace butter with canola oil (1:1) to lower saturated fat.
- Substitute Greek yogurt with applesauce for a lighter, milder flavor (slightly denser texture).

Child Involvement Ideas

- Children can safely measure ingredients, mix dry ingredients, or sprinkle chocolate chips on top.
- Use the recipe to teach about local foods (Kalo) and basic kitchen skills.

Food Safety Tips

- Ensure taro is fully cooked to avoid throat irritation.
- Practice good hygiene (handwashing) and keep children away from steam and hot ovens.

Nutrition Facts

12 servings per container

Serving size 1 piece (40g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 40mg **2%**

Total Carbohydrate 18g **7%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 7g Added Sugars **14%**

Protein 2g

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 0.6mg 4%

Potassium 170mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.