

Mom's Kitchen Handbook

RAISING FRESH-FOOD KIDS IN A FRENCH-FRIED WORLD

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A Wholesome Hit of Chocolate: No-Bake Brownies

MAY 26, 2011

by momskitchenhandbook



The recipe for these decadent-tasting little nuggets comes from fellow mom blogger Beth Aldrich who writes [Real Moms Love to Eat](#). Made with just five wholesome ingredients, and not a drop of processed sugar, it's the sort of thing you can't quite make heads or tails of when you take a bite. You just know it hits all the right notes: sweet, chocolatey, satisfying. Beth calls them No-Bake Brownies. They got mom approval from me and my friend Meg who stopped by just cutting them for an afternoon snack. As for my kids, they gave them a thumbs up too, but said, "This is good, mom. But it's no brownie." [Read more...](#)

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As a mother of three, food writer and registered dietitian, I aim to raise kids with adventurous appetites and wholesome attitudes towards food. It's not easy in a culture that glorifies

junkie foods while marketing dieting at every turn. My approach is cooking fresh, seasonal food, making room for a little decadence, and having plenty of fun in the kitchen.

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