

# Cricket Brownies with Sour Cream

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Thanks to our customer, Sara, for this scrumptious recipe for cricket brownies! These moist brownies, made with the nutritional goodness of **cricket powder** (cricket flour), will go so fast, you better make a double batch! Sara formulated this recipe from an original recipe found at [www.oakhurstdairy.com](http://www.oakhurstdairy.com)



## Ingredients

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- 1/2 cup butter, melted
- 1 C sugar
- 1 tsp vanilla
- 2 whole eggs (allow to come to room temperature)
- 1/4 cup flour
- 1/4 cup (40 g) **cricket powder** (cricket flour)
- 1/3 cup cocoa
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1/2 cup Sour Cream

## Directions

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- Preheat oven to 350 degrees. Grease 8-inch square pan.
- In large mixing bowl blend butter, sugar and vanilla. Beat in room-temperature eggs.
- Using a spoon, mix in sour cream. Combine flour, **cricket powder** (cricket flour) cocoa, baking powder and salt.
- Stir dry ingredients mix into wet mix.
- Bake 35 minutes, check and possibly bake 5-10 minutes more.
- Cool for 10 – 15 minutes