

Avocado Brownies

10 ingredients · 35 minutes · 16 servings



Directions

1. Preheat oven to 350 degrees F.
2. In a blender or food processor combine avocado, applesauce, maple syrup and vanilla.*
3. Add these ingredients to a large bowl and whisk in eggs.
4. Sift your coconut flour and cocoa powder.
5. Add in coconut flour, cocoa powder, sea salt and baking soda to wet ingredients and stir until well-combined.
6. Stir in chocolate chips
7. Grease an 8 x 8 inch baking dish with coconut oil and add batter.
8. Place in oven to bake for 25-30 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies).
9. Allow to cool for 20 minutes before cutting into 16 brownies.
10. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.

Ingredients

- 1 Large Avocado
- 1/2 cup Unsweetened Applesauce (replace with 1 large banana if you don't have any)
- 1/2 cup Maple Syrup
- 1 tsp Vanilla Extract
- 3 Large Eggs
- 1/2 cup Coconut Flour
- 1/2 cup Unsweetened Dutch Processed Cocoa Powder**
- 1/4 tsp Sea Salt
- 1 tsp Baking Soda
- 1/2 cup Of Chocolate Chips (Stevia sweetened)