



AVOCADO BROWNIES

SERVES: 12 (approx. 1 square each) **Prep Time:** 15 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): 2 1

½ cup	gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
¼ cup	unsweetened cocoa powder
2 cups	semisweet chocolate chips
1 Tbsp.	extra-virgin organic coconut oil
1 cup	mashed avocado
½ cup + 2 Tbsp.	pure maple syrup
2	large eggs
2 tsp.	pure vanilla extract
1 dash	sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray
Double boiler

1. Preheat oven to 400° F.
2. Line a 9 x 12-inch baking dish with parchment paper, allowing it to come up the sides of the dish. Coat with cooking spray. Set aside.
3. Whisk together flour and cocoa powder in a medium mixing bowl. Set aside.
4. Place a double boiler over low heat with water 1-inch deep in bottom. Add chocolate and coconut oil to top of double boiler, stir occasionally until melted. Set aside.
5. Place avocado, maple syrup, eggs, extract, and salt in blender; cover. Blend until smooth. Transfer to a mixing bowl.
6. Stir melted chocolate into avocado mixture. Fold in flour mixture, adding ⅓ of mixture at a time, until fully combined.
7. Spread mixture evenly in prepared baking dish. Bake for 13 to 15 minutes, or until firm on top.
8. Allow to cool completely in baking dish. Cut into 12 squares; serve immediately or store in an airtight container in the refrigerator for up to 4 days.

RECIPE NOTE:

If you don't have a double boiler, use a small saucepan and a heatproof bowl that covers the top of the saucepan and does not touch the bottom. Fill the pan with ½ cup of water; heat to a low boil. Cover with bowl and add your ingredients. Remove pan from heat when boiler is not in use.

NUTRITIONAL INFORMATION (per serving): **Calories:** 264 **Total Fat:** 14 g **Saturated Fat:** 6 g **Cholesterol:** 36 mg **Sodium:** 18 mg **Carbohydrates:** 36 g **Fiber:** 4 g **Sugars:** 26 g **Protein:** 4 g

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