

Healthy Avocado Brownies

Serving: 12

Ingredients

1 large **avocado**

$\frac{1}{2}$ cup **unsweetened applesauce**

$\frac{1}{2}$ cup **maple syrup**

1 tsp **vanilla extract**

3 T **flax** (*plus 9T water for binder*)

$\frac{1}{2}$ cup **whole wheat pastry flour** (*or coconut flour*)

$\frac{1}{2}$ cup **unsweetened cocoa powder**

$\frac{1}{4}$ tsp **sea salt**

1 tsp **baking soda**

Directions

Preheat oven to 350 degrees F.

In a blender or food processor (or using an immersion blender) combine avocado, applesauce, maple syrup and vanilla.

Add these ingredients to a large bowl and whisk in "flax eggs" (3T. flax plus 9T. water, let sit for 5 minutes before using).

Add in flour, cocoa powder, sea salt and baking soda and stir until well-combined.

Grease a pan for round or square muffins with a vegetable oil and add batter.

Place in oven to bake for 19 minutes (slightly longer for more cake-like brownies).

Allow to cool for 20 minutes before removing from muffin pan. I freeze them for 30 minutes or longer so they are easier to pop out.

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.

