

PREP: 25 MINS COOK: 30 MINS TOTAL: 1 HR 30 MINS

SERVINGS: 16 BROWNIES

# Avocado Brownies

GLUTEN & DAIRY FREE

*Adapted from well plated.com*

## Ingredients

- 1 large avocado, peeled and pitted
- 2 large eggs, room temperature
- 1/3 cup coconut sugar
- 1/4 cup pure maple syrup
- 3 Tbsp coconut oil
- 1 tsp pure vanilla extract
- 1/2 cup plus 2 Tbsp unsweetened cocoa powder
- 1/2 cup blanched almond flour
- 1 tsp espresso powder, optional (will yield more intense chocolate flavor)
- 1 tsp baking soda
- 1/2 tsp kosher salt
- 1/2 cup dark or semisweet chocolate chips, divided (dairy free)

## Instructions

- Place a rack in the center of your oven and preheat to 350 degrees F. Line a 8x8-inch pan with parchment paper so that two sides overhang like handles. Lightly coat with nonstick spray.
- In the bowl of a food processor fitted with a steel blade, place the avocado, eggs, coconut sugar, maple syrup, coconut oil, and vanilla. Process until completely smooth and combined, stopping to scrape down the bowl a few times as needed so that no chunks of avocado remain.
- To the food processor, add cocoa powder, almond flour, espresso powder, baking soda, and salt. Process until smooth. Add 1/4 cup chocolate chips and pulse a few times so that the chips are roughly incorporated.
- Scrape the batter into the prepared pan and smooth the top. Sprinkle over the remaining 1/4 cup chocolate chips. Bake for 25 to 30 minutes, until the top is set and a toothpick inserted in the center of the brownies comes out mostly clean. Place the pan on a wire cooling rack for 30 minutes. Lift brownies from pan by the parchment paper to cool completely. Slice, serve and enjoy!

NOTES: Almond flour can be swapped out for hazelnut or cashew flour, but NOT coconut flour. Store leftovers in the refrigerator for up to 1 week, or wrap tightly and freeze for up to 4 months.