

Avocado Brownies (Gluten free)



Prep time: 5minutes

Cooking time: 25 minutes

Servings: 16 squares

Ingredients

- 1 1/4 cups + 2 tablespoons *blanched* almond flour
- 3/4 cup 100% cocoa powder, sifted
- 1/4 teaspoon salt
- 1/4 cup avocado, mashed, approximately 1 large
- 6 tablespoons coconut oil, melted (For a healthier option, substitute **avocado oil** and add coconut extract for the flavor, if desired).*
- 1 1/2 cups sugar
- 1 teaspoon vanilla extract
- 3 large eggs
- 1 cup chocolate chips

For a festive touch, add crushed candy canes on top, and/or stir in red and green M&Ms instead of chocolate chips.

*If using coconut oil, buy unrefined (virgin) oil if you want the strong coconut flavor and aroma. If not, buy refined oil for a neutral flavor.

Directions:

- Preheat the oven to 180C/350F. Grease and line an 8 x 8-inch square pan with parchment paper and set aside.
- In a small bowl, add your almond flour, cocoa powder, and salt, and mix well. Set aside. In a mixing bowl, add your avocado, coconut oil, sugar, and vanilla extract, and whisk until smooth. Add the eggs in, one at a time, and mix well. Gently add in the dry ingredients and mix until just combined. Fold through the chocolate chips.
- Transfer the brownie batter into the lined pan and bake for 22-25 minutes, or until the edges thicken up and the tops are firm.
- Remove the brownies from the oven and let them cool in the pan completely, before slicing up.

Recipe courtesy of thebigmansworld.com

Notes about oils added by Linda Andersen