

Flourless Brownies

Source: Dustin Harder of VeganRoadie.com

About the Recipe

96 Calories · 2 g Protein · 1 g Fiber

Dessert

Ingredients

Makes 12 Servings

- 2 tablespoons (14 g) flax meal
- 1/4 cup (60 mL) water
- 1/4 cup (25 g) unsweetened cocoa powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 cup (130 g) unsweetened sunflower butter
- 1/2 cup (122 g) unsweetened applesauce
- 1/4 cup (60 mL) maple syrup
- 2 teaspoons (20 mL) vanilla extract

Directions

1. Preheat the oven to 350 F. Line an 8-by-8-inch baking dish with parchment paper; use enough parchment paper so that it hangs over the sides by a couple inches.
2. Add the flax and water to a bowl and let sit for 5 minutes to thicken.
3. Add the cocoa powder, baking soda, and salt to a bowl and whisk to combine. Add the sunflower butter, applesauce, maple syrup, vanilla extract, and flax mixture to the bowl and whisk to combine. It might still be slightly lumpy; that is OK. Transfer to prepared baking dish.
4. Bake for 40-45 minutes, until a toothpick inserted in the center comes out clean. Remove the brownies from the oven and allow them to cool in the pan

for at least 15 minutes. Lift them out of the pan with the parchment paper and allow to cool completely on a cooling rack.

Nutrition Facts

Per serving:

Calories: 96

Fat: 6 g

Saturated Fat: 0 g

% Calories From Fat: 27 %

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 9 g

Sugar: 6 g

Fiber: 1 g

Sodium: 114 mg

Calcium: 18 mg

Iron: 1 mg

Vitamin C: 0 mg

Beta-Carotene: 4 mcg

Vitamin E: 3 mg