

Avocado Fudge Brownie

Are brownies on the list for this week? If they aren't, then you need to add them! Like...NOW! No worries, these easy brownies will leave you guilt free. Enjoy the healthy, unsaturated fats and no refined sugars. The brownies are also gluten-free for those who follow a GF regime. Not to mention one square is super thick, dense, and moist. Who knew brownies could be so tasty and nutritious?!

Ingredients:

1 large	Ripe avocado, pitted and mashed
3 tbsp	Oil of choice
½ cup	Coconut Palm Sugar, unrefined (could technically use any unrefined sugar here)
¼ cup	Stevia
3 large	Eggs, beaten
1 tsp	Vanilla extract
¼ cup	Unsweetened cocoa powder
¼ tsp	Baking soda
¼ tsp	Salt
¼ cup	Brown rice flour
3 tbsp	White chocolate chips

Directions:

1. Preheat the oven to 350 degrees F. Line an 8x8 pan with parchment paper and set aside.
2. In a blender or food processor, puree the avocado, oil, sugar, Stevia, eggs, and vanilla until smooth.
3. Add in the cocoa powder, baking soda, salt and flour. The mix will be thick and shiny.
4. Fold in the chocolate chips.
5. Pour the batter evenly in to the prepared pan. Cook for 35 minutes or until the center is fully done. Poke the center with a toothpick. The toothpick should come out clean with no batter sticking to it.
6. Remove from oven and let cool for 15 minutes.
7. Cut into 9 squares. Enjoy!

Servings: 9 squares
 Serving size: 1 square

Avocado Fudge Brownies		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	157.9	
	% Daily Value*	
Total Fat	7.8 g	10 %
Saturated Fat	2.1 g	11 %
Trans Fat	0 g	
Cholesterol	54.9 mg	4 %
Sodium	130 mg	6 %
Total Carbohydrate	20.9 g	8 %
Dietary Fiber	2.6 g	9 %
Total Sugars	13.7 g	
Added Sugars	11.1 g	22 %
Protein	3.4 g	
Vitamin D	0.3 mcg	2 %
Calcium	23.9 mg	2 %
Iron	0.7 mg	4 %
Potassium	190.2 mg	4 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com </>