

## Goey Cookie Brownie

When you mix my [Avocado Brownies](#) with my [Healthy Chewy Chocolate Chip Cookies](#), you get a HEAVENLY combination that is rich and melts in your mouth. I love both of those recipes, because they are 1) delicious sweets and 2) made with high-quality ingredients. I am a firm believer in sweets being included in a healthy regime but love finding ways to make them better for our physical health. Give this goey chocolatey recipe a try!

### Ingredients:

#### **Brownies**

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

#### **Cookie Dough**

1 cups	Oat flour (for those who eat gluten, you can use spelt or all-purpose)
1/4 tsp	Baking soda
1/4 tsp	Salt
1/2 cup	Coconut palm sugar (you can also use unrefined sugar)
1/4 cup	Almond milk, unsweetened
1/2 tsp	Vanilla extract
2 tbsp	Oil of choice
1/3 cup	Chocolate chips (use Vegan chocolate chips for dairy free and Vegan)

### Directions:

1. Preheat oven to 350 degrees F. Line a 9x13 pan with parchment paper, grease with cooking spray, and set aside.
2. Prepare the brownie batter-
  - a. In a blender or food processor, puree the avocado, oil, sugar, Stevia, eggs, and vanilla until smooth.
  - b. Add in the cocoa powder, baking soda, salt and flour. The mix will be thick and shiny.
  - c. Pour batter evenly into the prepared 9x13 pan. Set aside.
3. Prepare the cookie dough-
  - a. Whisk together dry ingredients (flour, baking soda, salt, and sugar)
  - b. Add in wet ingredients (milk, vanilla extract, oil). Mix until a dough is formed.
  - c. Fold in the chocolate chips. Chill dough by placing in the freezer for 15-20 minutes.
  - d. Roll into 12 balls. Place the balls evenly throughout the batter. DO NOT PRESS DOUGH FLAT (yet).
4. Bake for 25-30 minutes or until brownie batter is cooked through. When you take the baking dish out, the cookies will look underdone; that's okay. Take a fork and press down each cookie until slightly flattened.
5. Let cool for 10 minutes, which will allow the cookies to firm up.

Goey Cookie Brownie		
Nutrition Facts		
Serving Size: 1 × 1/12th whole recipe		
Amount Per Serving		% Daily Value*
<b>Calories</b>	220.4 kcal	11 %
<b>Total Fat</b>	9.4 g	14 %
Saturated Fat	2.5 g	12 %
Trans Fat	0 g	
<b>Cholesterol</b>	41.1 mg	14 %
<b>Sodium</b>	217.2 mg	9 %
<b>Total Carbohydrate</b>	32.5 g	11 %
Dietary Fiber	3.2 g	13 %
Sugars	20 g	
<b>Protein</b>	4.1 g	8 %
Vitamin A	2 %	Vitamin C 7 %
Calcium	4 %	Iron 7 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com) </>

Servings: 12 bars  
 Serving size: 1 bar