



FUDGY BROWINES

Prep Time: 20 Minutes

Makes: 12 Brownies

THE INGREDIENTS:

- ½ Avocado
- 1 CUP Sprouted Flour, whole grain
- ½ CUP Cocoa Powder, unsweetened
- 1 CUP & 2 TBSP Soymilk, unsweetened
- ¼ CUP pure Maple Syrup
- ½ CUP Coconut Sugar
- 1 TSP Baking Soda
- ½ TSP Salt
- ½ CUP Dark Chocolate Chips

COOKING STEPS:

1. Preheat the oven to 350°F. Grease 8x8 inch baking dish with cooking spray.
2. In mixer, combine the avocado, soymilk, maple syrup and coconut sugar. Blend until smooth.
3. In a large bowl, combine the flour, cocoa powder, baking soda and salt then stir together. Add dry ingredients to mixer slowly. Fold in chocolate chips until mixed. Pour batter into pan.
4. Bake for 15-20 minutes and cool 15 minutes before serving.