

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 Square		
Amount Per Serving		% Daily Value*
Calories	164.3 kcal	8 %
Total Fat	10.1 g	15 %
Saturated Fat	2.5 g	13 %
Trans Fat	0 g	
Cholesterol	62.3 mg	21 %
Sodium	78.9 mg	3 %
Total Carbohydrate	16.1 g	5 %
Dietary Fiber	3 g	12 %
Sugars	7.9 g	
Protein	3.5 g	7 %
Vitamin A	2 % • Vitamin C	2 %
Calcium	2 % • Iron	4 %
* 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 </>		