



FLOURLESS CHOCOLATE CHICKPEA BROWNIES

SERVES: 16 (1 brownie each) Prep Time: 20 min. Cooking Time: 28 min.

CONTAINER EQUIVALENTS (per serving): 1

1 (15-oz.) can chickpeas (garbanzo beans),
drained, rinsed
¼ cup unsalted organic grass-fed butter
2 large eggs
½ cup pure maple syrup
2 tsp. pure vanilla extract
⅓ cup unsweetened cocoa powder
½ tsp. baking powder, gluten-free
1 pinch sea salt (or Himalayan salt)
¼ cup semisweet (or dark) chocolate
chips

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

1. Preheat oven to 350° F.
2. Line 9 x 9-inch baking pan with parchment paper. Lightly coat with spray. Set aside.
3. Place chickpeas, butter, eggs, maple syrup, extract, cocoa powder, baking powder, and salt in blender (or food processor); cover. Blend until smooth.
4. Add chocolate chips; mix by hand until blended.
5. Evenly spread batter into prepared pan.
6. Bake for 25 to 28 minutes, or until a toothpick inserted into the center of brownies comes out clean.
7. Cut into sixteen squares.

RECIPE NOTES:

- You can substitute cannellini beans for garbanzo beans. They make a little smoother brownie.
- If you don't like to use butter, you can substitute extra-virgin organic coconut oil.

NUTRITIONAL INFORMATION (per serving): Calories: 106 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 31 mg Sodium: 95 mg Carbohydrates: 13 g
Fiber: 1 g Sugars: 8 g Protein: 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.