



HEALTHY BROWNIES

- 1/4 cup almond flour
- 1/4 cup certified gluten free oat flour (or all almond flour or all oat flour)
- 1/4 cup unsweetened cocoa powder (or dark chocolate unsweetened cocoa powder)
- 1/2 cup coconut palm sugar (or regular sugar)
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking powder
- 1/4 cup unsweetened organic applesauce
- 1/4 cup melted coconut oil + more for greasing pan
- 2 eggs, preferably pastured and/or organic
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips (I like to use 365 brand dark chocolate chunks or a 3 oz. dark chocolate bar, chopped)
- 1/4 cup chopped walnuts, optional

Preheat oven to 350. Grease an 8 x 8 pan with coconut oil.

In a medium bowl combine flour(s), cocoa powder, sugar, salt and baking powder. Mix well with a whisk.

To the same bowl, add applesauce, coconut oil, eggs and vanilla. Whisk until well blended. Stir in chocolate chips and walnuts.

Pour into greased baking dish and bake for 30 minutes or until a toothpick stuck in the center comes out mostly clean. Cool pan on a rack before cutting. Makes 16 brownies.

NOTES: I like them best with dark chocolate cocoa powder but my kids prefer the regular. If you haven't tried coconut palm sugar yet, it is a great 1:1 substitution for regular sugar - it is still sugar though so use in moderation.