



Vegan Zucchini Brownies

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Ingredients

- 1 cup grated zucchini (with as much moisture removed as possible)
- 2/3 cup oat flour
- 1/2 cup almond flour
- 1/2 cup cocoa powder
- 1/3 cup plus 3 tbs water
- 5 dates
- 1 1/2 tbs coconut oil
- 1 tbs flax meal
- 1 1/2 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp baking soda



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- Pinch of salt
 - As many chocolate chips as you want (I use these [Lily's sugar free chocolate chips](#))

Method

1. Preheat your oven to 175 degrees celsius
2. Blend the dates with 1/3 cup water until smooth
3. Make your flax egg by mixing the flax meal with 3 tbs hot water in a small bowl, and setting aside
4. Combine the oat flour, almond flour, cocoa powder, baking powder, baking soda, and pinch of salt
5. One by one, mix in the almond milk, coconut oil, date paste, vanilla extract, and flax egg
6. Stir in the grated zucchini until well combined, and then add in your chocolate chips
7. Spoon the batter into a prepared muffin tin (this recipe will give you 12 individual brownies), and place in the oven until the brownies rise and the tops fully crisp (approximately 20 minutes)
8. Remove and allow to sit for at least 15 minutes before removing from the tin (or else they'll fall apart!)
9. Enjoy warm, or at room temperature!

These individual-sized Vegan Zucchini Brownies were born out of a craving for something sweet, gooey, and chocolatey... and they deliver! The first batch was gone in just a few hours, as was the second, the third, and all the other batches that have come since. The best part is that they've been equally popular with kids and adults, and have snuck in so much extra nutrition in such delicious little packages.

While I honestly can't say that anything comes close to a good, old-fashioned, traditional brownie, we're pretty happy with these if it means that they make it ok to eat brownies anytime... even for breakfast! These Vegan Zucchini Brownies are filled with fiber, vegetables, protein, and Omega-3 which makes them much more than just a dessert substitute. They're a great option as a snack, or even breakfast on the go.

Completely refined sugar free, these individual size brownies are also something you can feel good about giving to kids, people watching their sugar, or really anyone who's looking for a sweet, chocolatey treat that actually supports an optimized diet.