

## ULTRA FUDGY BROWNIES

***Do not overbake or they will be cake-like rather than fudgy.***  
***Bake Sale Feedback:*** Just wow...Major major thumbs up

**Yield: 12 - 16 squares**

### INGREDIENTS

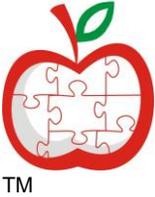
- 1 small avocado, barely ripe
- ¾ cup coconut sugar
- ⅓ cup coconut nectar or honey
- 2 tsp vanilla extract
- ¼ cup sunflower oil, coconut oil or butter
- 1 tbsp ground flax seeds
- ⅓ cup unsweetened almond or coconut milk
- ¾ cup Ricki's All-Purpose Gluten-Free Flour Mix (see below)
- ½ cup whole oat flour
- ¾ cup cocoa or cacao powder (or ½ cup carob powder and ¼ cup cocoa powder)
- 1 tbsp whole psyllium husks
- ½ tsp baking powder
- ¼ tsp baking soda
- ⅓ cup Krisda chocolate chips

### INSTRUCTIONS

1. Preheat oven to 350°F (180°C). Line an 8-inch square pan with parchment paper or spray with non-stick spray or grease with coconut oil.
2. In the bowl of a food processor, combine the avocado, coconut sugar, coconut nectar, vanilla, oil, flax and milk until smooth.
3. Add the all-purpose flour, oat flour, cocoa powder, psyllium, baking powder, baking soda and process until combined. Resist the urge to add more liquid; this batter is very thick.
4. Stir in the chocolate chips, but do not process again.
5. Turn the batter into the pan and spread evenly (you may need to hold the parchment paper in place with your thumb as you do so, or the batter might pull the paper with it as you spread.) Smooth the top.
6. Bake for 20 to 25 minutes, rotating the pan about halfway through baking until a tester inserted in the centre comes out moist but clean. Do not overbake (longer baking time will result in cake-like brownies).
7. Cool for at least 15 minutes, then refrigerate until completely chilled before slicing into squares. The brownies will firm up as they chill. (Alternatively, you can freeze the brownies in the pan, then invert onto a cutting board, peel off the parchment paper and slice into squares.)

#### References:

1. Heller, Ricki (2013). *Naturally Sweet & Gluten-Free Allergy Friendly Vegan Desserts*. South Portland, Maine: Sellers Publishing, Inc.



## ULTRA FUDGY BROWNIES

***Do not overbake or they will be cake-like rather than fudgy.***  
***Bake Sale Feedback:*** Just wow...Major major thumbs up

**One Serving = 1 Carb + 2 Fats + 4g fibre**

<b>Nutrition Facts</b>	<b>Amount/Serving</b>		<b>%DV*</b>	
	Serv. size 1 brownie (370g) Servings 12 <b>Calories</b> 180 <b>Fat Cal.</b> 80	<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carb.</b> 26g
	Sat. Fat 1.5g	<b>8%</b>	Fiber 4g	<b>16%</b>
	Trans fats 0g		Sugars 14g	
	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 3g	
	<b>Sodium</b> 55mg	<b>2%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 4%	Calcium 4%	Iron 8%

### **Ricki's All Purpose Gluten-Free Flour Mix**

- 2 cups millet flour
- 2/3 cup garfava bean flour\*
- 2/3 cup arrowroot or tapioca starch
- 2/3 cup potato starch (not flour)

Sift all ingredients into a large bowl, then stir with a whisk or spatula until very well combined and all flours are equally incorporated. Store in an airtight container in the refrigerator or freezer. Will keep refrigerated, up to 6 weeks, or frozen up to 3 months.