

## **BRYANNA'S NEW MOIST AND VERY CHOCOLATE-Y LOW-FAT OAT BROWNIES**

**(It also happens to be gluten-free if you use GF oatmeal.)**

**Makes 18 brownies**

This is the latest (and maybe the last!) recipe in my long quest for a really delicious vegan, low-fat, low-glycemic brownie. It's easy to make and, dare I say it, even healthful, despite being a luscious dessert item.

**NOTE:** I make oat flour by grinding oatmeal flakes in my Vitamix-- just make sure the container is absolutely dry!

### ***DRY MIX:***

1 1/2 cups oat flour  
1/2 cup +1 Tbsp dark cocoa powder  
2 Tbsp. chickpea flour (also called besan) (*or other bean flour*)  
3/4 tsp. salt  
3/4 tsp. baking soda

### ***WET MIX:***

3/4 cup Prune Puree (***see end of recipe***) OR babyfood pureed prunes in a jar  
1/2 cup brown sugar or coconut sugar  
2 Tbsp. ground flax seed ***mixed with*** 5 tbsp. hot water (***soaked for 10 minutes and stirred***)  
2 Tbsp. maple syrup or agave nectar  
1 1/2 Tbsp. oil  
2 tsp. vanilla extract

### ***OPTIONAL (I always add these):***

1/2 cup semisweet or bittersweet chocolate chips (can be mini-chips)  
1/2 cup chopped walnuts or pecans

### ***INSTRUCTIONS:***

Turn the oven to 350 degrees F. Prepare a 7 x 11" baking pan by lining with baking parchment.

**Or**, as I do, grease the bottom and sides with my [HOMEMADE PALM-OIL-FREE, NON-HYDROGENATED "CAKE RELEASE" \(PAN COATING OR PROFESSIONAL BAKER'S GREASE\) WITH GF OPTION](#)

Whisk the Dry Mix ingredients together in a small bowl and set aside.

In a larger bowl, whisk together the Wet Mix ingredients until smooth. Add the Dry Mix into the bowl and stir until smooth. Add the Optional chocolate chips and/or nuts and stir just to distribute evenly.

Scoop the batter into the prepared pan (using a silicone spatula to get as much as possible) and then spread it evenly into the pan with wet fingers.

Bake for 18 minutes and cool thoroughly on a rack before cutting into 18 pieces.