

# Healthier Brownies with Avocados



## Ingredients:

- 1 large avocado — *peeled and pitted*
- 2 large eggs — *at room temperature*
- 1/3 cup coconut sugar — *or light brown sugar*
- 1/4 cup pure maple syrup
- 3 tablespoons unsalted butter — *at room temperature*
- 1 teaspoon pure vanilla extract
- 1/2 cup plus 2 tablespoons unsweetened cocoa powder
- 1/2 cup Bob's Red Mill Blanched Almond Flour
- 1 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1/2 cup dark or semisweet chocolate chips

## Instructions:

1. Place a rack in the center of your oven and preheat the oven to 350 degrees F. Lightly coat with nonstick spray.
2. In the bowl of a food processor fitted with a steel blade, place the avocado, eggs, coconut sugar, maple syrup, butter, and vanilla. Process until it's completely smooth and combined, stopping to scrape down the bowl a few times as needed so that no chunks of avocado remain.
3. To the food processor, add the cocoa powder, almond flour, baking soda, and salt. Process until smooth. Add 1/4 cup chocolate chips and pulse a few times so that the chips are roughly incorporated.
4. Scrape the batter into the prepared pan and smooth the top. Sprinkle over the remaining 1/4 cup chocolate chips. Bake for 25 to 30 minutes, until the top is set and a toothpick inserted in the center of the brownies comes out mostly clean. Allow to cool.