

Wheat Free Brownies

Chickpeas might sound like an unusual ingredient in brownies...but think of this recipe as a chocolate hummus with eggs, sugar and love – it truly is sublime. Aside from being scrumptious, these brownies are high in protein, fiber; and, gluten free too. It truly is possible to have a brownie taste delicious and be good for you too...enjoy!

Ingredients:

1 ½ cups semisweet chocolate chips (*Sunspire organic chips highly recommended*)
1 15 oz canned organic Garbanzo beans (drained and rinsed) or 1 ½ cups cooked Garbanzo beans
3 eggs
¾ cups Sucanat or Turbinado sugar
1/3 cup coconut oil
½ teaspoon baking powder
1 teaspoon vanilla
1 teaspoon ground cinnamon
½ teaspoon sea salt
½ cup walnuts (optional)
zest of one orange (optional)

Instructions:

Preheat oven to 350 degrees. Spray a 9-inch baking pan with baking spray. Place chocolate chips on a double boiler and melt the chocolate until smooth.

Combine beans and eggs in the bowl of a food processor and blend until smooth. Add the rest of the ingredients to the food processor: sucanat, baking powder, salt, cinnamon, vanilla, melted chocolate, coconut oil and blend until thoroughly combined. Fold in the walnuts and orange zest, if using. Transfer the batter to the prepared baking pan.

Bake for approximately 30 minutes or until a knife inserted into the center of the brownies comes out clean. Cool in the pan on a wire rack before inverting onto a serving plate.

Yield: 16 squares



Gilda Mulero
Natural Foods Chef & Cooking Instructor
gilda@naturally-tasty.com
718.930.1964