

PUMPKIN BROWNIES



Makes 12-16

1 cup pumpkin puree (sweet potato purée also works)
3/4 cup nut or seed butter
1/4 cup maple syrup
1/4 cup coconut sugar
1/4 cup almond flour
1/4 cup cacao powder
1 tsp baking soda
1 tsp vanilla bean powder
1/4 tsp salt
1/2 cup dark chocolate chips

Coconut oil – for the baking dish

Preheat oven 350 degrees.

Lightly oil an 8x8 square baking pan.

In a bowl whisk together the puree, nut butter and maple syrup until smooth.

Add in the coconut sugar, almond flour, cacao powder, baking soda, vanilla and salt. Stir well, being careful not to over mix.

Add in the chocolate chips and again stir until just combined.

Bake for 20-25 minutes. Cool completely and cut into 12-16 squares.