

LOVE THY CARROT

real food made with love

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VEGAN DOUBLE CHOCOLATE OAT ZUCCHINI BROWNIES

This recipe makes 12 brownies.

INGREDIENTS

1/2 cup smooth peanut butter or almond butter
1/4 cup honey
1/2 cup unsweetened applesauce
1 teaspoon vanilla
1/2 cup unsweetened cocoa powder
3/4 cup old fashioned oats
1 teaspoon baking soda
1/2 teaspoon instant coffee or espresso powder, (optional)
1/4 teaspoon salt
1 1/2 cups shredded zucchini
1/2 cup dark chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Lightly spray an 8x11-baking pan with non-stick cooking spray.
3. Place oats in food processor and process until finely ground. Set aside.
4. In a large bowl mix together the nut butter, applesauce, honey and vanilla until smooth.
5. Add in zucchini, cocoa powder, ground oats, baking soda, instant coffee and salt; mix until well combined. Fold in half of the chocolate chips.
6. Pour batter into prepared baking pan and sprinkle remaining chocolate chips over the top. Bake for 25-30 minutes or until tooth pick inserted into middle comes out clean.
7. Cool brownies in the pan on a wire rack until completely cooled, then cut into squares and enjoy!

COOKS NOTES

Brownies can be stored in the fridge.