

# DMC

## PRIMARY CARE

### Double Chocolate Avocado Brownies

*Rich and fudgy **avocado brownies** that are every bit as good as “regular” brownies. These heart-healthy brownies are flavorful, dense, and packed with chocolate! Absolutely delicious! (Gluten Free, Dairy Free + Paleo-friendly)*

Prep Time: 10 mins   Cook Time: 25 mins  
Total Time: 35 mins

Servings: 9 servings

Calories: 191kcal

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### Ingredients

- 1 large avocado
- 1/2 cup mashed banana or apple sauce
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- 3 large eggs
- 1/2 cup coconut flour
- 1/2 cup Cacao powder
- 1/4 teaspoon sea salt
- 1 teaspoon baking soda
- 1/3 cup chocolate chips

### Instructions

1. Preheat oven to 350°F and grease an 8x8" baking dish or muffin tin with butter, coconut oil or cooking spray.
2. In a food processor or blender, combine; avocado, banana, maple syrup, and vanilla.
3. In a large bowl, combine; eggs, coconut flour, cacao powder, sea salt, baking soda and avocado mixture.



4. Using a hand mixer, blend all ingredients together until well mixed.
5. Pour mixture into the greased baking dish or muffin tin and sprinkle chocolate chips over the top. You can also mix some into the batter if you like it extra chocolatey.
6. Bake for about 25 minutes or until set through.
7. Allow to cool completely before cutting. Cut into 9 squares and enjoy.

### Tips For Avocado Brownies

- Any variety of chocolate chips will work for this recipe. However, to keep the recipe dairy-free and paleo, be sure to use **a dairy-free chocolate chip variety**. I like to use Enjoy Life Baking Chips or Lily's Sweets Chocolate Chips. Both are dairy free and Lily's is made with stevia.
- When **cutting the brownies**, try running a sharp knife in hot water, wipe it dry, and move it across the pan of brownies in a sawing motion. Repeat steps for each cut you make.
- These brownies can be **stored in an airtight container in the refrigerator** for up to 5 days.
- I recommend cutting these brownies into **small pieces as they're quite rich!**

### Brownie Variations

- **Mint:** Add 1/2 teaspoon mint extract to the brownie batter for a delicious mint chocolate brownie.
- **Extra chocolate:** As pictured, add a sprinkle of chocolate chips over the top for a double dose of chocolate goodness.

### Nutrition

Serving: 1 brownie | Calories: 191kcal | Carbohydrates: 28g | Protein: 5g | Fat: 8g |

Saturated fat: 3g | Cholesterol: 56mg | Sodium: 230mg | Potassium: 289mg | Fiber: 6g |

Sugar: 17g | Vitamin A: 135IU | Vitamin C: 3mg | Calcium: 44mg | Iron: 1mg

Source: [Avocado Brownies « The BEST Healthy Brownie Recipe! Clean & Delicious \(cleananddelicious.com\)](http://cleananddelicious.com)