



Amazing Vegan Brownies



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 1 cup brown sugar
- ☐ 0.7 cup cocoa powder for even more chocolaty (increase to)
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup water
- ☐ 0.5 cup oil

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup dairy-free chocolate chips mini (I use chips)

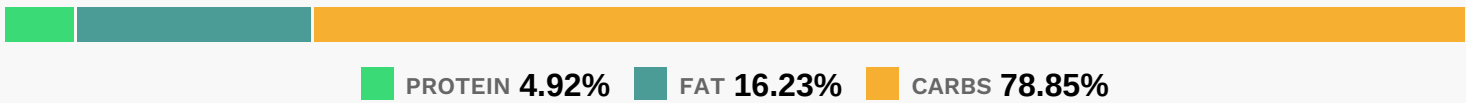
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F and grease and flour a 13x9-inch baking pan.
- ☐ In a large bowl, whisk together the flour, sugar, brown sugar, cocoa powder, salt, and baking powder.
- ☐ Whisking in the center to create a well in the ingredients.
- ☐ Add the water, oil, and vanilla to the well in your dry ingredients, and whisk the wet ingredients while incorporating the dry ingredients, until smooth. Do not overmix.
- ☐ Fold in chocolate chips.
- ☐ Scrape the batter into your prepared pan.
- ☐ Bake for 25 to 30 minutes, or until a knife inserted in the center of the brownies comes out clean.
- ☐ Let the brownies cool before cutting.
- ☐ Leftovers can be stored in an airtight container at room temperature for a couple of days, but I prefer to refrigerate or freeze them.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:15.45, Inflammation Score:-2, Nutrition Score:3.7639130431673%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 183.89kcal (9.19%), Fat: 3.53g (5.43%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 36.69g (13.34%), Sugar: 25.41g (28.23%), Cholesterol: 0mg (0%), Sodium: 146.13mg (6.35%), Alcohol: 0.08g (100%), Alcohol %: 0.15% (100%), Caffeine: 7.33mg (2.44%), Protein: 2.41g (4.82%), Manganese: 0.23mg (11.3%), Iron: 1.55mg (8.63%), Selenium: 5.38µg (7.68%), Fiber: 1.89g (7.56%), Copper: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.44%), Folate: 26.56µg (6.64%), Magnesium: 20.24mg (5.06%), Vitamin B2: 0.08mg (4.62%), Vitamin B3: 0.9mg (4.52%), Phosphorus: 41.32mg (4.13%), Calcium: 29.94mg (2.99%), Potassium: 80.13mg (2.29%), Zinc: 0.32mg (2.14%), Vitamin E: 0.23mg (1.53%)