



Avocado Peanut Butter Brownies (Vegan)

 Dairy Free

READY IN



105 min.

SERVINGS



20

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 1 avocado pitted peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup canola oil
- ☐ 12 ounce chocolate chips
- ☐ 1 cup natural creamy peanut butter
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soy milk
- ☐ 1.5 cups sugar white

☐ 1 cup flour whole-wheat

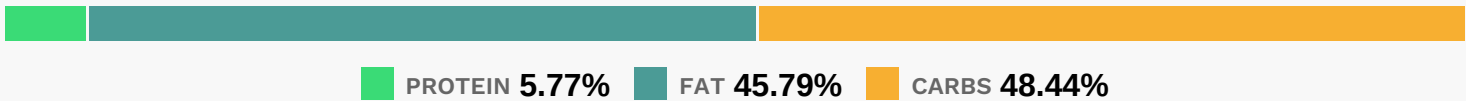
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- ☐ Melt peanut butter, chocolate chips, and sugar together in a saucepan over low heat, stirring constantly, until chocolate is melted, about 5 minutes. Increase heat to medium and continue stirring until mixture begins to bubble, about 5 more minutes.
- ☐ Remove from heat.
- ☐ Blend avocado, soy milk, and canola oil in a food processor until smooth. Stir avocado mixture into chocolate mixture until thoroughly combined.
- ☐ Whisk flour, baking powder, and salt together in a large bowl until well mixed.
- ☐ Add avocado-chocolate mixture to the flour mixture; stir until just combined.
- ☐ Pour batter evenly into the prepared baking pan.
- ☐ Bake in the preheated oven until the edges begin to become crisp, about 20 minutes. Cool brownies completely before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:12.48, Glycemic Load:10.97, Inflammation Score:-2, Nutrition Score:5.5578260823436%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

Nutrients (% of daily need)

Calories: 268.95kcal (13.45%), Fat: 14.36g (22.1%), Saturated Fat: 4.68g (29.22%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 32.23g (11.72%), Sugar: 26.28g (29.2%), Cholesterol: 0mg (0%), Sodium: 196.74mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Manganese: 0.45mg (22.42%), Vitamin B3: 2.38mg (11.91%), Vitamin E: 1.77mg (11.8%), Magnesium: 32.99mg (8.25%), Fiber: 1.96g (7.83%), Phosphorus: 74.76mg (7.48%), Selenium: 4.5µg (6.43%), Vitamin B6: 0.12mg (6.06%), Folate: 23.76µg (5.94%), Potassium: 200.56mg (5.73%), Copper: 0.11mg (5.31%), Calcium: 41.95mg (4.2%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.56mg (3.76%), Vitamin B2: 0.06mg (3.66%), Vitamin B5: 0.31mg (3.13%), Iron: 0.55mg (3.08%), Vitamin K: 3.06µg (2.92%), Vitamin C: 1.43mg (1.73%), Vitamin B12: 0.06µg (1.06%)