



## Gluten-Free and Egg Free Brownies

 Gluten Free

READY IN



46 min.

SERVINGS



16

CALORIES



86 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup amaranth flour
- ☐ 3 tablespoons canola oil
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons chocolate chips mini
- ☐ 0.5 cup coconut palm sugar
- ☐ 0.3 cup yogurt plain
- ☐ 0.1 teaspoon salt

- ☐ 6 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped

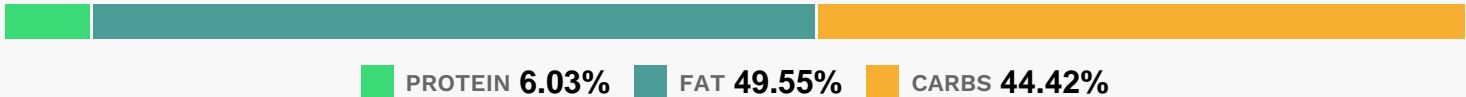
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Preheat the oven to 350F/180C for 15 minutes. Line a 9-inch square pan with aluminum foil with the foil hanging on two sides of the pan (so that you can lift the brownie easily off the pan once it is baked) and grease it lightly with non-stick cooking spray. In a large bowl, beat sugar, oil and yogurt using an electric mixer for about 2 minutes.
- ☐ Add the mashed banana, vanilla extract and cocoa powder and beat on low speed. In a small bowl, stir together the flour, baking powder, baking soda and salt.
- ☐ Add to the cocoa mixture and stir it well with a spatula to mix well. If you feel the batter is too thick add water one tablespoon at a time until the desired consistency is reached. Stir in chocolate chips and chopped walnuts.
- ☐ Spread the batter evenly in prepared pan.
- ☐ Bake in the oven until just set, 23–26 minutes. Leave the pan on a cooling rack for about 5 minutes. Now that we have left the aluminum foil hanging, you should be able to lift it off without any trouble. Cool it for another 20–30 minutes before you can cut it into slices.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:2.46, Inflammation Score:-1, Nutrition Score:1.5913043646547%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 86.28kcal (4.31%), Fat: 5.1g (7.84%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.03g (3.28%), Sugar: 5.31g (5.9%), Cholesterol: 0.92mg (0.31%), Sodium: 69.78mg (3.03%), Alcohol: 0.09g (100%), Alcohol %: 0.49% (100%), Caffeine: 4.31mg (1.44%), Protein: 1.39g (2.79%), Manganese: 0.14mg (6.76%), Copper: 0.1mg (5.03%), Fiber: 1.25g (5.02%), Iron: 0.63mg (3.53%), Magnesium: 12.79mg (3.2%), Calcium: 28.02mg (2.8%), Phosphorus: 27.85mg (2.78%), Zinc: 0.21mg (1.38%), Potassium: 42.91mg (1.23%)