



## Healthier Coconut Fudge Brownies with Carob Option



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



277 kcal

DESSERT

### Ingredients



0.7 cup agave nectar [can sub liquid sweetener]



0.5 cup carob chips [or chocolate chips] unsweetened



0.3 cup carob powder [or cocoa powder]



0.3 cup coconut flour



2 large eggs mashed



0.3 cup grapeseed oil



0.3 Teaspoon salt

- ☐ 0.5 cup coconut or shredded unsweetened
- ☐ 1.5 Teaspoons vanilla extract
- ☐ 0.5 cup walnuts raw chopped
- ☐ 0.3 cup flour whole wheat
- ☐ 0.3 cup pastry flour whole wheat

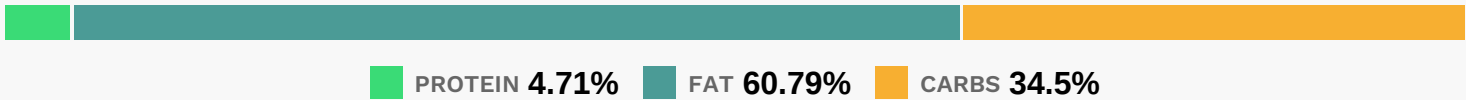
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat your oven to 350°F and oil an 8-inch baking dish.In a medium bowl, sift together the whole wheat flour, whole wheat pastry flour, coconut flour, carob or cocoa powder, and salt.In a large bowl, beat the oil and agave nectar until well blended.Beat in the eggs and vanilla until well blended.
- ☐ Mix the dry ingredients into the wet ingredients until just incorporated.Fold in the coconut, then the chips, and walnuts, mixing by hand for about a minute after each addition.
- ☐ Spread the batter into the prepared pan and let sit until the oven comes to temperature.
- ☐ Bake the brownies for 25 minutes or until a tester comes out with just a couple of moist crumbs.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:8.1278261658938%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3–gallate: 0.64mg, Epicatechin 3–gallate: 0.64mg, Epicatechin 3–gallate: 0.64mg, Epicatechin 3–gallate: 0.64mg Epigallocatechin 3–gallate: 2.4mg, Epigallocatechin 3–gallate: 2.4mg, Epigallocatechin 3–gallate: 2.4mg, Epigallocatechin 3–gallate: 2.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 276.76kcal (13.84%), Fat: 19.56g (30.09%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 19.2g (6.98%), Sugar: 12.81g (14.24%), Cholesterol: 0.08mg (0.02%), Sodium: 67.01mg (2.91%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.41g (6.82%), Manganese: 0.55mg (27.35%), Fiber: 5.78g (23.12%), Vitamin E: 2.78mg (18.5%), Copper: 0.22mg (11%), Vitamin K: 10.6µg (10.1%), Folate: 40.33µg (10.08%), Vitamin B6: 0.19mg (9.53%), Potassium: 289.62mg (8.27%), Magnesium: 31.8mg (7.95%), Phosphorus: 71.42mg (7.14%), Selenium: 4.89µg (6.99%), Vitamin C: 5.59mg (6.78%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.61mg (6.12%), Vitamin B1: 0.09mg (6.01%), Zinc: 0.86mg (5.73%), Vitamin B3: 1.11mg (5.57%), Iron: 0.87mg (4.84%), Calcium: 41.9mg (4.19%), Vitamin A: 51.39IU (1.03%)