



Vegan Gluten Free Brownies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



206 kcal

DESSERT

Ingredients

- 0.5 cup agave nectar
- 0.5 cup almond flour
- 1 teaspoon double-acting baking powder
- 0.8 cup brown rice flour
- 3 tablespoons chia seed meal
- 0.8 cup cocoa powder
- 1 cup sugar raw
- 0.5 teaspoon salt

- 1 teaspoon vanilla extract gluten-free
- 3 tablespoons vegan margarine
- 1 tablespoon water

Equipment

- bowl
- frying pan
- oven
- blender
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly oil a baking dish.
- Beat chia meal and both amounts of water together in a bowl; let stand until thick, about 5 minutes. Blend raw sugar and agave into chia seed mixture with high speed blender.
- Add vegan margarine and vanilla extract; blend.
- Mix brown rice flour, almond meal, baking powder, and salt together in a large bowl. Stir cocoa powder into the flour mixture.
- Add chia meal mixture and stir until combined; pour into prepared baking dish.
- Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, 45 to 55 minutes.

Nutrition Facts



PROTEIN 5.97% **FAT 26.93%** **CARBS 67.1%**

Properties

Glycemic Index:8.92, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:6.4699999819631%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg,

Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 205.51kcal (10.28%), Fat: 6.55g (10.07%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 32.7g (11.89%), Sugar: 23.15g (25.72%), Cholesterol: 0mg (0%), Sodium: 158.2mg (6.88%), Alcohol: 0.1g (100%), Alcohol %: 0.27% (100%), Caffeine: 12.36mg (4.12%), Protein: 3.27g (6.53%), Manganese: 0.69mg (34.67%), Fiber: 3.99g (15.95%), Copper: 0.26mg (12.85%), Magnesium: 48.5mg (12.13%), Phosphorus: 106.25mg (10.63%), Iron: 1.46mg (8.1%), Vitamin E: 0.91mg (6.04%), Calcium: 58.51mg (5.85%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.08mg (5.18%), Vitamin B6: 0.1mg (5.03%), Zinc: 0.75mg (5.01%), Vitamin K: 4.14µg (3.94%), Selenium: 2.58µg (3.69%), Potassium: 129.21mg (3.69%), Vitamin A: 135.29IU (2.71%), Vitamin B2: 0.04mg (2.44%), Vitamin C: 1.61mg (1.95%), Folate: 7.52µg (1.88%), Vitamin B5: 0.17mg (1.71%)