



Gluten Free Brownies

Ingredients	Amount
Golden Flax Seed	0.12 cup(s)
Almond Flour	2 tablespoon
Coconut Flour	2 tbsp
Soy flour, low-fat	1 tbsp
Unsweetened Cocoa Powder	1 tbsp
Unsweetened Apple Sauce	1 Cup
Large Egg	1
Crunchy Almond Butter	3 TBS
Cocoa Nibs	4 teaspoons
Stevia	1 teaspoon

Preparation:

- In a large mixing bowl, add flours and mix well.
- Add apple sauce, almond butter, egg to the flours and mix with a spoon- this will form a soft and spreadable paste.
- Add cocoa powder, cocoa nibs and mix.
- Line cookie sheet with parchment paper.
- Spoon 1 inch thick balls and place on the parchment paper.
- Preheat oven to 300F.
- Bake for approximately 45 minutes or until cooked but soft and moist inside.

Nutrition Facts

Servings 16.0

Amount Per Serving

calories 48

% Daily Value *

Total Fat 3 g **5 %**

Saturated Fat 1 g **4 %**

Monounsaturated
Fat 1 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 12 mg **4 %**

Sodium 24 mg **1 %**

Potassium 28 mg **1 %**

Total

Carbohydrate 4 g **1 %**

Dietary Fiber 1 g **5 %**

Sugars 2 g

Protein 2 g **4 %**

Vitamin A **0 %**

Vitamin C **3 %**

Calcium **1 %**

Iron **4 %**
