Gooey chocolate brownies (GF,DF,EF,low fodmap,plant-based)



I have been craving brownies lately (what is better than a warm brownie with ice cream?!). So I came up with this recipe to make gooey and delicious brownies that are gluten, egg and dairy free, low FODMAP and plant-based (but are definitely enjoyable for those without food restrictions – my brother would have eaten the lot if given the chance!). Maybe they're not as healthy as grabbing a banana, but as treats go, they have lots of nutritious ingredients, they are plant-based, and even a small slice satisfies that sweet tooth.

(Side note: I will do a post about the crumble slices in the photo too, if you'd like!)

Brownies

Ingredients:

- 2 teaspoon baking soda
- 2 tablespoons vinegar
- 1/4 cup unsalted nut butter (I use almond butter)
- 1/3 cup yogurt (I use natural or vanilla coconut yogurt)
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup cacao powder
- 1/4 teaspoon salt
- 3/4 cup almond meal

- (Optional) 2 teaspoons – 1 tablespoon of ground cinnamon and/or 1 -2 teaspoons of ground ginger
- (Optional) 1/3 – 3/4 cup of your favourite chocolate, roughly chopped (I use Vego hazelnut vegan chocolate or Lindt dark chocolate)
- (Optional) 1/4 – 1/3 cup of chopped nuts

Method:

1. Preheat oven to 160°C. Line a baking tin with baking paper.
2. In a small bowl, add the baking soda to the vinegar and gently stir. Set aside.
3. In a medium bowl, combine the almond butter, yogurt, maple syrup and vanilla, and mix until thick and gooey.
4. Slowly add the cacao powder and mix until well combined.
5. Add the cinnamon and/or ginger if using, and the salt.
6. Pour in the vinegar mix and combine.
7. Fold in the almond flour until it is a thick batter-like consistency.
8. Fold in the chocolate chips and/or nuts if using.
9. Pour the batter into the pan and smooth the top or gently tap the tin on the bench until level.
10. Bake for 30 – 40 mins until an inserted skewer comes out fairly clean.
11. Let it stand until firm enough to remove from the pan. Slice into desired size and shape. You may like to eat your brownies warm, or let them cool completely – it’s up to you! They get more firm and dense the cooler they get.
12. Store in an airtight container.

* If you want more sweetness, slowly add more maple syrup and adjust the wetness of the mix by adding almond meal as needed.

* These keep well for about a week in the fridge, and they freeze really well. You can let them defrost in room temperature and eat them at room/fridge temperature, or heat

them up in the microwave.

I made icing to go with these brownies for extra decadence and stickiness! I ended up not putting the icing all over the brownies but rather spooning some of it onto the plate next to each slice with a dollop of ice cream/yogurt. Whichever you prefer works well, or leave out this step if you like – they work really well without icing too.

Icing:

1 cup cocoa powder
3/4 cup butter, softened (I use dairy free Nuttelex)
1 teaspoon vanilla
1 cup maple syrup

Method:

1. In a small bowl, combine all the ingredients well.

I hope you give these brownies a go and enjoy them! I'd love to hear from you if you do. What's your favourite warm dessert? Do you like your brownies warm or cold?!

Happy cooking!