



# 12 Healthy Baked Goods

Guilt-Free Easy Healthy Recipes

**12 Healthy Baked Goods: Guilt-Free Easy Healthy Recipes**

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## Letter from the Editor

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Dear Healthy Cooking Enthusiast,

Prepare yourself because we have some exciting news; this eCookbook is filled to the brim with healthy dessert recipes. Never again will you have to deny your sweet tooth because you're following a strict, healthy diet. So escape the guilt and make these healthy baked goods. You'll love that these healthy treats will satisfy your dessert cravings.

This brand new eCookbook, *12 Healthy Baked Goods: Guilt-Free Easy Healthy Recipes*, will provide you with the best healthy dessert recipes. The hardest decision you'll have to make is choosing which dessert recipe to make first. Perhaps you'd like to try our Low-Carb Cloud Cookies on page 7, or maybe you'd like to try our Healthy Chocolate Coconut Cupcakes on page 17. Another option would be to make our reader-favorite Peanut Butter Oatmeal Bars on page 20. With this collection of healthy baked goods, you'll have so many delicious sweet treats to choose from.

Make a few of these healthy baked goods and discover the delights of following a healthy diet. You won't be disappointed with any of these easy healthy recipes because all of these recipes are absolutely, without a doubt, the best around. To have these recipes ready when you need them, be sure to save this healthy baked goods eCookbook. We suggest you print it out and keep it handy in your kitchen.

Happy healthy baking!

Sincerely,

The Editors of FaveHealthyRecipes

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## HEALTHY COOKIE RECIPES

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### CHEWY CHOCOLATE PALEO COOKIES

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BY: [TIFFANY FROM GREAT FOOD AND LIFESTYLE](#)

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If you bake these Chewy Chocolate Paleo Cookies, your cookie jar will be empty in no time! No one will be able to resist these delicious chocolate-dipped cookies. Yes, you read that right. Just because these cookies are healthy doesn't mean they can't be unbelievably tasty, too. This chocolate cookie recipe uses all raw and natural ingredients, so you don't have to feel guilty about indulging. These cookies are low in sugar but full of dark chocolate goodness. Bake a batch and enjoy with a cup of coffee for an afternoon snack. These cookies have a perfectly crispy and chewy consistency which makes them irresistible.

**Makes:** 30 cookies

**Preparation Time:** 30 minutes

#### Ingredients

- 1 heaping cup raw cashews
- 1 cup raw almond butter
- ¼ cup coconut oil, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- ¾ cup raw honey
- ½ cup unsweetened cocoa powder
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 1 ½ cup Enjoy Life mini chocolate chips

#### Instructions

1. Preheat oven to 350 degrees F and line baking sheets with parchment paper.
2. Place the cashews in a food processor and run it on high until they are the consistency of fine flour.
3. Combine almond butter, coconut oil, eggs, vanilla, and honey in a bowl. In a separate bowl, combine cashews, cocoa powder, sea salt, and baking soda. Then stir them together. Scoop out the batter onto the lined baking sheets, using about 1 tablespoon of batter per cookie. Make sure to leave some space in between the cookies, so they have room to spread out.
4. Bake the cookies long enough to let them rise then fall a bit. The cookies will become even more flat when taken out of the oven.
5. Let the cookies cool on the pan for a few minutes, then carefully use a spatula to move them over to a rack. Start the next step once the cookies have cooled and hardened.

6. Use a double boiler to melt the chocolate or microwave it for 20 seconds at a time, stirring in between.
7. Dip the cookies in the melted chocolate, then set them on your lined baking sheets. Place them in the refrigerator to cool and harden.
8. Enjoy these cookies either cool or at room temperature.

### **Nutritional Information**

Serving Size: 40 g

- Calories: 189
- Total Fat: 13.2 g
- Saturated Fat: 5.0 g
- Carbohydrates: 18.0 g
- Fiber: 1.7 g
- Sugars: 12.9 g
- Protein: 4.0 g



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## LOW-CARB CLOUD COOKIES

BY: [FAVEHEALTHYRECIPES TEST KITCHEN](#)



Oh boy, oh boy. If you're on a low-carb diet, then you're probably craving a sweet chocolatey treat. Luckily, you can satisfy that craving without ruining your diet. These Low-Carb Cloud Cookies taste just like your traditional chocolate chip cookie recipe, but each cookie has only 11.4 grams of carbohydrates. That's practically nothing! These cookies are perfectly light, so you won't feel weighed down after enjoying one or two. We recommend that you make these cookies as soon as possible. You definitely won't regret it!

**Makes:** 30 cookies

**Baking Time:** 10 minutes

### Ingredients

- ½ cup rolled oats
- ½ cup brown sugar, lightly packed
- ¼ cup butter, room temperature
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- ½ cup plain low-fat yogurt
- 1 egg
- ½ teaspoon vanilla extract
- 1 ¼ cup all-purpose flour
- 1 cup sugar-free chocolate chips

### Instructions

1. Preheat oven to 375 degrees F. Have ready two ungreased cookie sheets.
2. Place oats into a small food processor or in a blender and process to a fine flour. Set aside.
3. In an electric mixer, blend brown sugar with the butter, baking soda, and salt until well mixed. Combine yogurt, the egg, and vanilla in a small bowl. Whisk to combine and then add to the butter mixture with the machine running. Stir in the flour, then the ground oats, and finally the chocolate chips.
4. Use a small ice cream scoop or tablespoon to scoop dough onto the baking sheets. Bake about 10 minutes. The bottoms should be browned but the tops will be only very lightly browned. Cool on a wire rack.

### Nutritional Information

Serving Size: 22 g

- Calories: 80
- Total Fat: 3.4 g
- Saturated Fat: 1.6 g
- Carbohydrates: 11.4 g
- Fiber: 0.6 g
- Sugars: 2.7 g
- Protein: 1.3 g

## DELICIOUS GLUTEN-FREE CHOCOLATE CHIP COOKIES

BY: [PAM FROM SKINNY SWEETS DAILY](#)



You may not eat gluten, but that doesn't mean you can't enjoy your favorite desserts! Try these Gluten-Free Chocolate Chip Cookies, which are just as delicious as their gluten-filled counterparts. Nothing beats a classic chocolate chip cookie, and the different way this recipe goes about it may even be better than the original. You are going to have to try these for yourself. After trying a cookie, see if you can say you don't like gluten-free desserts. We bet you can't!

**Makes:** 12 cookies

**Baking Time:** 10 minutes

### Ingredients

- 2 large eggs
- ½ cup + 2 tablespoons coconut oil, slightly melted
- ½ cup coconut flour, sifted
- ¼ cup brown rice flour, sifted
- ½ cup honey or coconut nectar
- 2 tablespoons coconut or date sugar
- ½ teaspoon organic Stevia, optional
- 1 ½ teaspoon vanilla extract
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ¾ teaspoon cinnamon
- 1 teaspoon corn starch
- ¾ cup semisweet chocolate chips
- coconut milk or almond milk, optional for additional moisture

### Instructions

1. Preheat oven to 350 degrees F and line a cookie sheet with parchment paper. Set aside.
2. In a large mixing bowl, mix the eggs and coconut oil until creamy, then add the rest of the ingredients except the chocolate chips. When the batter is mixed completely, fold in the chocolate chips.
3. Scoop out 12 cookies onto the prepared cookie sheet. Have a cup of water ready, dip a fork into the water and press down gently to shape cookies. They will not spread much.
4. Bake for about 8 to 10 minutes until the edges are slightly brown. Let cool for 10 minutes on a wire rack. Then, slide the parchment paper off of the cookie sheet and let cool another few minutes.

### Nutritional Information

Serving Size: 59 g

- Calories: 265
- Total Fat: 16.8 g
- Fiber: 3.0 g
- Sugars: 20.8 g
- Saturated Fat: 12.9 g
- Carbohydrates: 29.0 g
- Protein: 2.0 g

Nutritional information includes honey and coconut sugar. It does not include optional ingredients.



## WHOLE WHEAT CHOCOLATE CHIPPIES

BY: [ALI FROM VEGGIES BY CANDLELIGHT](#)



These Whole Wheat Chocolate Chippies are one of the best chocolate chip cookies you will ever try. This is a homemade cookie recipe that is sure to become an all-time favorite. These cookies are everything a chocolate chip cookie should be. They're tender and chewy in the middle, crisp at the edges, and have chocolate in every bite. Baked with whole wheat flour, these delicious cookies have a subtle nutty flavor that complements the chocolate in the tastiest way possible. You need to bake a batch of these beauties.

**Makes:** 20 cookies

### Ingredients

- 3 cups whole wheat flour
- 1 ½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 ½ teaspoon kosher salt
- 8 ounces cold unsalted butter, cut into ½-inch pieces
- ¾ cup organic dark brown sugar
- ¾ cup coconut sugar
- 2 eggs
- 2 teaspoon pure vanilla extract
- 8-12 ounces bittersweet chocolate chips

### Instructions

1. Preheat oven to 350 degrees F. Line two baking sheets with parchment paper.
2. Sift the flour, baking powder, baking soda, and salt into a large bowl, pouring back into the bowl any bits of grain or other ingredients that may remain in the sifter.
3. Add the butter and the sugars. Then beat with a standing mixer fitted with a paddle attachment. With the mixer on low-speed, mix just until the butter and sugars are blended, about 2 minutes. Use a spatula to scrape down the sides of the bowl.
4. Add the eggs one at a time, mixing until each is combined. Then mix in the vanilla.
5. Add the flour mixture to the bowl and blend on low-speed until the flour is barely combined, about 30 seconds, scraping down the sides and bottom of the bowl.
6. Add the chocolate all at once and mix on low-speed until the chocolate is evenly combined. Use a spatula to scrape down the sides and bottom of the bowl, then scrape the batter out onto a work surface and use your hands to fully incorporate all of the ingredients.
7. Scoop mounds of dough about 3 tablespoons in size onto the baking sheet, leaving 3 inches between them.
8. Bake the cookies for 16 to 20 minutes, rotating the sheets halfway through, until the cookies are evenly brown.
9. Transfer the cookies, still on the parchment, to the counter to cool. Sprinkle on a pinch of sea salt.

**Note:** These cookies are best eaten warm from the oven or later that same day. They also keep well in the freezer. You can either freeze the dough or the cookies once they're cooled. To warm up a frozen cookie, microwave for 20 to 30 seconds.

**Nutritional Information**

Serving Size: 1 cookie

- Calories: 265
- Total Fat: 13.6 g
- Carbohydrates: 35.4 g
- Sugars: 14.4 g
- Protein: 3.08 g



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## CAKE AND CUPCAKE RECIPES

### SINLESS PUMPKIN CAKE

BY: [KELLY FROM HIDDEN FRUITS AND VEGGIES](#)



Cake for breakfast? It sounds crazy, but Sinless Pumpkin Cake is so sinless you could actually eat it in the morning without feeling guilty! This fall recipe uses many healthy ingredient swaps to cut out unnecessary calories. It's light, fluffy, and moist and is a very comforting treat you can enjoy any time throughout the day. The most amazing part about this cake is that it doesn't use any butter - all of the moisture is from the pumpkin! This dessert is perfect for family gatherings and parties.

**Serves:** 12

**Preparation Time:** 15 minutes

**Baking Time:** 25 minutes

#### Ingredients

- ½ cup brown sugar
- ½ cup maple syrup
- ¼ cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 2 tablespoons ground flax
- 15 ounces pumpkin puree, canned or homemade
- 1 tablespoon neutral oil
- 2 cups white whole wheat flour
- 2 teaspoons cornstarch
- 3 tablespoon baking powder
- 2 teaspoon cinnamon
- ¼ teaspoon salt
- 10 ounce low-fat cream cheese, room temperature
- 2 tablespoons coconut oil, melted
- ½ teaspoon maple extract
- ½ teaspoon maple extract
- 1 tablespoon cornstarch
- ⅔ cup powdered sugar
- ⅓ cup pecan pieces, optional

#### Instructions

1. Preheat your oven to 325 degrees F. Prepare two 8- or 9-inch round cake pans by spritzing with nonstick spray and lightly dusting with flour to prevent sticking.
2. Combine sugar, syrup, applesauce, vanilla, flax, pumpkin, and oil in a large mixing bowl. Let rest for about 5 minutes.
3. In a separate bowl, combine the flour, cornstarch, baking powder, cinnamon, and salt. Stir into wet mixture until just combined.
4. Split the batter between the two cake pans. The dough will be thick, spread it until it evenly coats the pans.

5. Bake for 22 to 25 minutes, until a toothpick inserted into the center of the cake comes out clean. Let the cake cool completely.
6. Meanwhile, make the frosting using the remaining ingredients. Make sure your cream cheese is room temperature or your coconut oil will clump up. Stir the cream cheese until soft and add the oil and maple extract. Slowly sift in the cornstarch and then the powdered sugar. Use more or less sugar to taste.
7. If topping with pecans, toast at 350 degrees F for 5 minutes. Set aside.
8. When the cake is entirely cool, frost the top of one of the cakes and carefully place the second on top. Frost the sides and edges and top with pecans, if using. Cut into 12 slices and serve promptly or refrigerate.

### **Nutritional Information**

Serving Size: 120 g

- Calories: 292
- Total Fat: 12.5 g
- Saturated Fat: 7.5 g
- Carbohydrates: 43.0 g
- Fiber: 3.7 g
- Sugars: 22.7 g
- Protein: 5.1 g

Optional ingredients not included in nutritional information.

## MISS KATE'S CRUSTLESS CHEESECAKE

BY: [FAVEHEALTHYRECIPES TEST KITCHEN](#)



Feeling fancy? If so, then you need to try Miss Kate's Crustless Cheesecake. It's perfectly rich, deliciously creamy, and sweet but not too sweet. You'll never have tasted a cheesecake recipe as good as this one. The lemon juice gives this cheesecake a leg up on all of its other competitors. If you like a tart cheesecake, then this is definitely the recipe for you. Plus, this recipe is healthier because it avoids the carb-heavy crust.

**Serves:** 12

### Ingredients

- 16 ounces low-fat cream cheese
  - $\frac{2}{3}$  cup sugar
  - 3 eggs
  - $\frac{1}{2}$  teaspoon vanilla extract
  - $\frac{1}{4}$  teaspoon fresh lemon juice
  - pinch of salt
- For the Topping
- 16 ounces low-fat sour cream
  - 3 tablespoons sugar
  - 1 tablespoon vanilla
  - $\frac{1}{4}$  teaspoon fresh lemon juice

### Instructions

1. Preheat oven to 325 degrees F. Spray a 9-inch pie plate with cooking spray.
2. In a large bowl, blend cream cheese with the sugar, then beat in the eggs, vanilla, and lemon juice until well blended and completely smooth. Spoon into the prepared pie plate and bake for 45 to 50 minutes. The edges will begin to brown slightly and the filling will be fairly firm.
3. While the filling bakes, prepare the topping by blending all ingredients together until smooth. Spoon topping over the warm filling and return the pan to the oven for 10 minutes. The topping will not be completely firm but will set further when chilled.
4. Remove to a cooling rack until completely cool. Cover lightly with plastic wrap and refrigerate for at least 4 hours before cutting to serve.
5. Serve with fresh fruit or a drizzle of fruit compote if desired.

### Nutritional Information

Serving Size: 101 g

- Calories: 283
- Total Fat: 22.2 g
- Saturated Fat: 13.6 g
- Carbohydrates: 16.9 g
- Sugars: 14.4 g
- Protein: 5.4 g

## GREEK YOGURT CHOCOLATE ZUCCHINI CAKE

BY: [BLAIR FROM THE SEASONED MOM](#)



This lightened-up Greek Yogurt Chocolate Zucchini Cake is fudgy, moist, and full of rich chocolate flavor! It's ready in minutes (thanks to help from a cake mix), it requires only four ingredients, and it's a healthier way to indulge your sweet tooth. Best of all, this cake is 100 percent kid-approved! We suggest making this healthy chocolate cake for birthday parties or bake sales. No one will guess that it includes zucchini!

**Serves:** 12

**Preparation Time:** 10 minutes

**Baking Time:** 30 minutes

### Ingredients

- 1 box (15-18 ounces) moist-style chocolate cake mix
- 1 cup fat-free plain Greek yogurt
- 1 cup milk
- 1 cup finely shredded zucchini, squeezed to remove most of the liquid
- vanilla ice cream, whipped cream, sprinkles, optional

### Instructions

1. Preheat oven to 350 degrees F. Spray a 13 x 9 baking dish with cooking spray and set aside.
2. Combine cake mix with yogurt in a large bowl and add milk. Whisk thoroughly and then stir in zucchini.
3. Spread batter evenly in prepared pan.
4. Bake in the oven for approximately 25 to 30 minutes or until a toothpick inserted in the center comes out clean.
5. Allow to cool slightly in pan before cutting and serving.

**Note:** Make sure that you squeeze the zucchini pretty well. If the batter is too moist, the cake will be dense and flat after baking.

### Nutritional Information

Serving Size: 86 g

- Calories: 163
- Total Fat: 1.4 g
- Carbohydrates: 32.8 g
- Fiber: 1.2 g
- Sugars: 18.1 g
- Protein: 4.3 g

Optional ingredients not included in nutritional information.

## HEALTHY CARAMEL STUFFED BANANA CUPCAKES

BY: [KRISTY FROM SOUTHERN IN LAW](#)



If you want an indulgent dessert recipe that won't derail your clean-eating diet, look no further than these Healthy Caramel Stuffed Banana Cupcakes. These gluten free cupcakes have a protein-boost and a cream cheese frosting that will be a surefire hit. The healthy caramel filling inside these treats is a hidden surprise that will blow your friends and family away. Kids will love to help you fill the center of each banana cupcake with the caramel filling. Everyone will ask how you managed to make a healthy dessert that tastes so amazing!

**Makes:** 6 cupcakes

### Ingredients

#### For the Cupcakes

- 1 medium ripe banana, mashed
- 2 egg whites
- 1 teaspoon vanilla extract
- 2 tablespoons coconut sugar
- 2 tablespoons gluten free all-purpose flour
- ⅓ cup almond meal
- 2 ½ tablespoons protein powder of your choice
- ½ teaspoon baking powder
- pinch of salt

#### For the Date Caramel

- 4 large fresh medjool dates, chopped
- 2 to 3 tablespoons water
- pinch of salt

#### For the Frosting

- reduced fat cream cheese
- maple syrup or icing sugar

**Note:** If you do not want to use protein powder, you can substitute it with 2 tablespoons gluten free all-purpose flour and ½ tablespoon almond meal.

### Instructions

#### To Make the Cupcakes

1. Preheat your oven to 350 degrees F. Grease or line a cupcake tin and set aside.
2. Mash the banana in a medium mixing bowl and add in the egg whites, vanilla, and coconut sugar. Mix until smooth.
3. Next add in flour, almond meal, protein powder, baking powder, and salt. Stir to combine with wet ingredients, ensuring everything is mixed through.
4. Pour cupcake batter into prepared tins, filling about ¾ full.
5. Bake for 10 to 15 minutes or until the cupcakes are cooked through and a toothpick inserted into the center removes clean.

**To Make the Date Caramel**

1. Add chopped dates, water, and salt into a small saucepan and heat over a medium-high heat, stirring constantly until the dates have softened and the mixture has thickened.
2. Once thickened, remove from the heat and allow to cool before filling your cupcakes.

**To Make the Frosting**

1. Simply mix the cream cheese with either sifted icing sugar or maple syrup, adding as much or as little as needed to reach your desired sweetness.

**Note:** Icing sugar will make a thicker, easier-to-pipe frosting while maple syrup will make the frosting a little runnier.

**To Finish the Cupcakes**

1. Using a sharp paring knife, cut a hole out of the center of the cupcakes where the date filling will be added. To cut the hole, simply cut a circle in the center of the cupcake without cutting all of the way through. Once the circle is cut, use the tip of a knife to pop the loose cupcake out of the center.
2. Fill the hole with a spoonful of the date caramel and put the top back on, so it's ready to frost later.
3. Frost the filled cupcakes as desired and serve immediately or chill in the fridge for later. These cupcakes will keep for 3 days stored in the fridge in an airtight container.

**Nutritional Information**

Serving Size: 65 g

- Calories: 145
- Total Fat: 2.9 g
- Carbohydrates: 25.7 g
- Fiber: 2.3 g
- Sugars: 17.4 g
- Protein: 5.5 g

Nutritional information includes coconut sugar. It does not include the frosting.



## HEALTHY CHOCOLATE COCONUT CUPCAKES

BY: [MARIA FROM MARIA USHAKOVA](#)



If you're a chocoholic, then you'll love these Healthy Chocolate Coconut Cupcakes. These easy chocolate cupcakes are delightfully delicious. They're so good that it'll be hard to stop after one. Luckily, this is a healthy dessert recipe, so you won't feel guilty for taking more than your share. These chocolate cupcakes are moist and the shredded coconut gives them the perfect finishing touch. You can bring these healthy cupcakes to your next party, but we have to warn you, you'll spend the entire night explaining how these cupcakes could possibly be healthy.

**Makes:** 12 cupcakes

**Preparation Time:** 25 minutes

**Baking Time:** 30 minutes

### Ingredients

- ½ cup cocoa powder
- ½ cup shredded coconut
- ⅓ cup coconut sugar
- ½ cup whole spelt flour
- ½ cup brown rice flour
- ½ cup chickpea flour
- 1 tablespoon aluminum free baking powder
- 1 can (398 ml) regular coconut milk
- 2 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract

### For the Chocolate Glaze

- 3 ½ ounces dark chocolate
- ½ tablespoon coconut oil

### Instructions

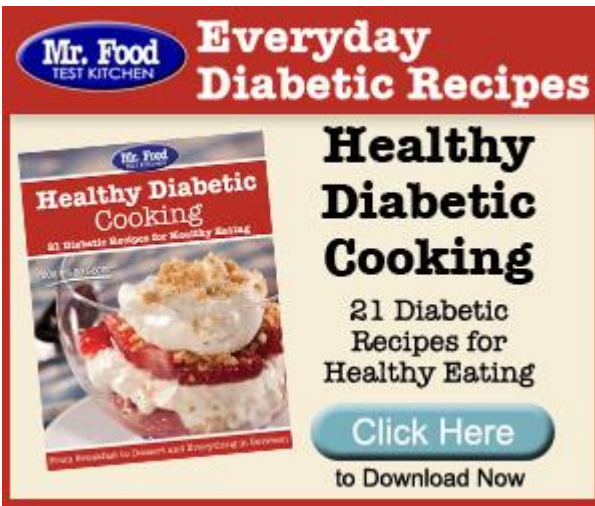
1. Preheat oven to 350 degrees F.
2. Put the cocoa powder, shredded coconut, coconut sugar, spelt flour, rice flour, chickpea flour, and baking powder into a bowl. Mix well to combine.
3. In another bowl, mix the coconut milk, coconut oil, and vanilla.
4. Pour the wet ingredients into the dry ingredients and stir to combine.
5. Line a muffin pan with baking cups. Spoon the batter into the baking cups, making sure it's divided evenly. Bake for 25 minutes.
6. Take the muffin pan out of the oven and leave the cupcakes in the muffin pan for about 15 to 20 minutes. When cool enough to handle, carefully transfer the cupcakes to a wire rack to cool completely.
7. To make the chocolate glaze, place the dark chocolate and coconut oil into a small pot. Carefully warm it up over medium-low heat, making sure to constantly stir the chocolate. It takes only one minute, so do not leave the chocolate unattended.

8. Once the chocolate is melted, take the pot off the heat and let the glaze cool to room temperature.
9. Decorate the cupcakes with the chocolate glaze and some shredded coconut.
10. Place the decorated cupcakes into the fridge for 10 to 15 minutes to allow the glaze to set.
11. You can keep the cupcakes in the fridge overnight; however, they taste best when they are at room temperature.

### **Nutritional Information**

Serving Size: 1 cupcake

- Calories: 246
- Total Fat: 15.6 g
- Saturated Fat: 12.6 g
- Carbohydrates: 25.6 g
- Fiber: 4.2 g
- Sugars: 12.0 g
- Protein: 4.5 g



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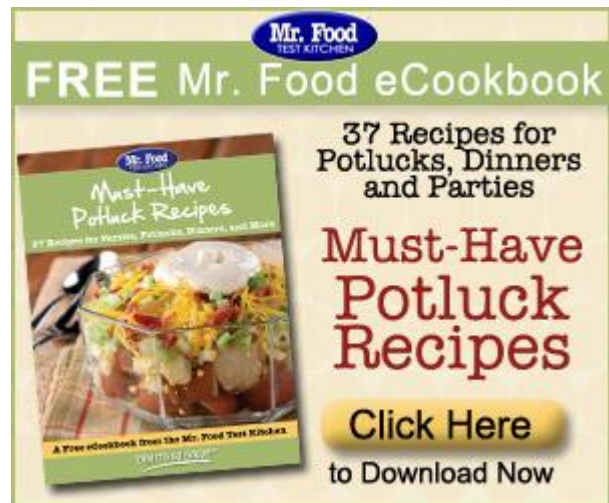
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## DESSERT BAR RECIPES

### PEANUT BUTTER OATMEAL BARS

BY: [STACEY FROM BAKE. EAT. REPEAT.](#)



These soft and chewy Peanut Butter Oatmeal Bars are filled with peanut butter and M&M's. If you like chocolate and peanut butter, then you'll love these tasty bars. Tasting similar to monster cookies, these bars are much healthier because this recipe uses only a touch of honey to sweeten it!

**Makes:** 14 bars

**Preparation Time:** 15 minutes

**Baking Time:** 22 minutes

#### Ingredients

- ½ cup old fashioned rolled oats
- 1 large egg
- 1 cup regular peanut butter
- ¼ cup honey
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 1 teaspoon pure vanilla extract
- ½ cup mini M&M's

#### Instructions

1. Preheat the oven to 350 degrees F. Line an 8 x 8 dish with parchment paper and set aside.
2. Place the rolled oats in a food processor bowl and pulse until they are coarsely ground.
3. Add the egg, peanut butter, honey, baking soda, salt, and vanilla. Process until well combined and the dough comes together into a ball. Stir in the mini M&M's.
4. Press the dough into the prepared baking dish. Bake for 22 to 24 minutes until lightly browned and a toothpick inserted in the center comes out clean. Let cool completely before slicing into bars.

#### Nutritional Information

Serving Size: 40 g

- Calories: 186
- Total Fat: 11.7 g
- Saturated Fat: 3.3 g
- Carbohydrates: 16.6 g
- Fiber: 1.6 g
- Sugars: 6.8 g
- Protein: 6.0 g

## GLUTEN FREE FLOURLESS BROWNIES

BY: [TORI FROM GRINGALICIOUS](#)



I hope you're sitting down because you're going to fall in love with these Gluten Free Flourless Brownies. A healthy brownie recipe can't get much better than this. This is a chocolate brownie recipe that will be hard to forget. After you take one bite of these moist brownies, you'll want to eat them all. When you serve these brownies to your friends and family, they'll never guess that these chocolate treats are healthy. No one will have any idea that these brownies have both avocados and black beans in them.

**Makes:** 24 brownies

**Preparation Time:** 5 minutes

**Baking Time:** 40 minutes

### Ingredients

- 1 medium avocado
- 3 cups cooked black beans, rinsed
- 4 eggs
- 1 cup raw sugar
- 1 cup cocoa powder
- 1 tablespoon vanilla extract
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup dark chocolate, chopped

### Instructions

1. Preheat oven to 350 degrees F.
2. Combine all ingredients except the chocolate in a food processor or blender and blend until smooth.
3. Grease a 13 x 9 glass pan and use a rubber spatula to scrape batter into pan.
4. Top with chocolate chunks and press into top.
5. Bake for 35 to 45 minutes until toothpick inserted in center comes out clean. Cool completely before cutting.

### Nutritional Information

Serving Size: 57 g

- Calories: 173
- Total Fat: 4.4 g
- Saturated Fat: 1.8 g
- Carbohydrates: 28.7 g
- Fiber: 5.5 g
- Sugars: 11.2 g
- Protein: 7.3 g

## CHOCOLATE AVOCADO BROWNIES

BY: [JEN FROM BAKED BY AN INTROVERT](#)



These delicious chocolate avocado brownies are perfect for anyone who wants to enjoy a healthier chocolate treat. But you certainly don't have to be on a special diet to enjoy these deliciously moist brownies. Made with coconut oil and avocado, this lightened-up brownie recipe is easy to make and tastes just as good as a rich indulgent brownie. These homemade brownies only take about 30 minutes to make, so they're perfect for a lazy after-dinner dessert. We suggest you share these brownies with friends, family, coworkers, and neighbors.

**Makes:** 16 brownies

### Ingredients

- 1 cup all-purpose flour
- $\frac{1}{3}$  cup unsweetened cocoa powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup coconut oil, melted and cooled
- $\frac{1}{2}$  cup smashed ripe avocado
- $\frac{1}{3}$  cup packed light brown sugar
- $\frac{1}{4}$  cup sugar
- 1 egg, room temperature
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup caramel bits, optional

### Instructions

1. Preheat oven to 350 degrees F. Line an 8 x 8 baking pan with parchment paper or aluminum foil. Set aside.
2. Sift together the flour, cocoa powder, baking soda, and salt. Set aside.
3. In a large mixing bowl, beat together the oil, avocado, and sugars until well blended. Beat in the egg and vanilla. Fold the flour mixture into the avocado mixture just until moistened. Gently fold in the caramel bits if using.
4. Bake for 15 to 20 minutes or until a wooden toothpick inserted into the center comes out with only a few dry crumbs. Allow the brownies to cool completely before removing them from the pan. Cut into 16 squares.

### Nutritional Information

Serving Size: 28 g

- Calories: 109
- Total Fat: 6.0 g
- Saturated Fat: 4.4 g
- Carbohydrates: 13.5 g
- Dietary Fiber: 1.1 g
- Sugars: 6.2 g
- Protein: 1.6 g

Optional ingredients not included in nutritional information.

## THANK YOU

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THE FOLLOWING BLOGGERS MADE THIS EBOOK POSSIBLE:

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[Ali from Veggies By Candlelight](#)

[Blair from The Seasoned Mom](#)

[Jen from Baked by an Introvert](#)

[Kelly from Hidden Fruits and Veggies](#)

[Kristy from Southern In Law](#)

[Maria from Maria Ushakova](#)

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