



# Chocolate Chickpea Brownies

SERVINGS: 12 BROWNIES

PREPPING TIME: 5 MINS

COOKING TIME: 23 MINS

## INGREDIENTS

1 can chickpeas  
1/2 cup peanut butter  
1/2 cup maple syrup  
1 tbsp. melted coconut oil  
1 tsp. vanilla essence  
1/4 cup almond flour  
1/4 cup cocoa powder  
1/4 tsp. baking soda  
1/4 tsp. baking powder  
1/4 tsp. salt  
1/2 cup dark chocolate chips

## DIRECTIONS

1. Preheat the oven to 350°F.
2. In a food processor, blend the chickpeas, peanut butter, maple syrup, coconut oil and vanilla until well combined.
3. Next add in the almond flour, cocoa powder, baking soda, baking powder and salt.
4. Continue to process, scraping down the sides as necessary until smooth.
5. Once blended, take off the lid and blade from the food processor and stir in the dark chocolate chips.
6. Pour into a greased 8 x 8 inch pan and bake for 21-23 minutes.

## NUTRITION

Serving size: 1 brownie  
(per serving) 230.2 calories, 14.2g fat, 4.9g saturated fat, 0.3mg cholesterol,  
174mg sodium, 22.3g carbohydrate, 4.2g fiber, 12.7g sugar, 6.4g protein