

Virtuous Brownies

Lorene Sauro RHN

These grain free brownies are almost too good to be true.

2 ¼ cups ground walnuts or ground almonds or a combination
¼ cup hemp flour or hemp protein powder
¼ cup ground salba or flax meal
½ cup unsweetened cocoa
1 tsp baking soda
2 tsp GF baking powder (GF-gluten free)
1/8 tsp sea salt
3 eggs
1 cup agave nectar or maple syrup (you may use half agave, half maple syrup)
¼ cup applesauce

In a large bowl mix ground nuts, hemp flour, flaxseed meal or salba, cocoa powder, baking powder, soda and salt till blended. Add the maple syrup or agave nectar and mix until blended. Beat in the eggs one at a time. Add the applesauce and mix until blended. Pour into a greased and parchment lined 8 inch square pan.

Bake at 350 for 25-30 minutes or until a toothpick inserted in the centre comes out clean.

Let sit and cool in the pan before cutting into squares. Store in airtight container. These freeze well.