

Healthy Quinoa Brownies

This recipe substitutes quinoa (which also has protein!) for wheat flour, avocado for butter, and honey for refined sugar.

- 1/2 cup quinoa (I used red quinoa)
- 1 cup water
- 1/2 cup unsweetened cocoa powder
- 1/2 cup honey
- 1/4 cup almond milk
- 1/2 avocado
- 2 eggs
- 1 tsp vanilla
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- A little olive oil for greasing your baking pan

Baking Instructions

1. Preheat oven to 350 degrees
2. Add quinoa and water to a pot and cook on medium heat until the water is absorbed
3. Add cooked quinoa and all other ingredients to a food processor (I used a high-powered blender). Blend very well.
4. Bake in a 9"x9" greased baking pan (use olive oil for your grease)
5. Put pan in oven and decrease heat to 325 degrees
6. Bake 30-35 minutes or until it passes the "toothpick test"

Makes 16 brownies: 90 calories per brownie, 4g of fat, 21g of carbs, 4g of protein