



Brownies Free From Gluten

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No-Bake Hazelnut Date Brownies

8 servings

1 hour

Ingredients

220 grams Pitted Dates
60 grams Unsweetened Shredded Coconut
40 grams Hemp Seeds
1 tbsp Chia Seeds
80 milliliters Coconut Oil (divided)
55 grams Cacao Powder (divided)
80 grams Maple Syrup (divided)
3 tbsps Hazelnuts (roasted, crushed)
2 tbsps Cacao Nibs
2 tbsps Goji Berries

Directions

- 1 Add the dates, coconut, hemp seeds, and chia seeds to the bowl of a food processor. Add 1/3 of the coconut oil, 3/4 of the cacao powder, and 1/2 of the maple syrup. Process until a sticky dough is formed, about five minutes.
- 2 Line a loaf pan with parchment paper. Scoop the brownie dough into the pan and flatten with your hands or a spatula, until evenly spread. Transfer to the freezer to set for 15 minutes.
- 3 Meanwhile, in a small saucepan, combine the remaining coconut oil, cacao powder, and maple syrup. Heat on the stove over low until the coconut oil has melted. Whisk to combine and remove from the heat. Allow to cool for 10 minutes.
- 4 Pour the melted chocolate over top of the cold brownies. Sprinkle on the crushed hazelnuts, cacao nibs, and goji berries. Transfer to the fridge to set for 10 minutes. Slice, serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size: A 5 x 9-inch loaf pan was used to make eight servings. One serving is equal to one brownie.

More Flavor: Add peppermint or orange extract.



Brownie Batter Protein Balls

6 servings

40 minutes

Ingredients

50 grams Pitted Dates (packed)
345 grams Black Beans (cooked)
50 grams Chocolate Protein Powder
75 grams Pumpkin Seed Butter
1/2 tsp Sea Salt
1 tbsp Cacao Powder
120 grams Dark Chocolate Chips (optional)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 3 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 4 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 5 Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size: Nutrition information is calculated based on 3 balls per serving.

Storage: Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter: Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder: This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.



Peanut Butter Brownie Batter

8 servings

10 minutes

Ingredients

130 grams All Natural Peanut Butter
2 tbsps Maple Syrup
2 tbsps Water
170 grams Almond Flour
2 tbsps Cocoa Powder
60 grams Dark Chocolate Chips

Directions

1

Add all ingredients to a bowl and mix with a spatula until well combined.
Divide between jars and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 1 week.

Serving Size: Each serving equals approximately 3 tablespoons of batter.

More Protein: Omit cocoa powder and replace 1/3 of the almond flour with chocolate protein powder.



Fudgey Protein Brownies

9 servings

30 minutes

Ingredients

260 grams All Natural Peanut Butter
4 Banana
45 grams Cocoa Powder
50 grams Chocolate Protein Powder
120 grams Dark Chocolate Chips
60 grams Walnuts (chopped)

Directions

- 1 Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
- 2 In a small saucepan over low-medium heat, melt the peanut butter.
- 3 In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
- 4 Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

No Walnuts: Omit walnuts or use any preferred type of nuts instead.

No Peanut Butter: Use any nut or seed butter instead.

Protein Powder: Whey protein powder was used for this recipe. Please note, if using another type of protein powder the results may vary.



Strawberry Brownie Cake

6 servings

30 minutes

Ingredients

110 grams Coconut Flour
145 grams Pitted Dates
60 grams Unsweetened Applesauce
40 grams Unsweetened Coconut Flakes
2 2/3 tbsps Cocoa Powder
1 Banana (ripe and mashed)
140 grams Cashews (soaked for 1 hour and drained)
160 milliliters Canned Coconut Milk
1/2 tsp Vanilla Extract
80 grams Maple Syrup
145 grams Strawberries (sliced)

Directions

- 1 To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
- 2 Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
- 3 To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
- 4 Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
- 5 Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries: Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).



Coconut Brownie Bites

14 servings

15 minutes

Ingredients

145 grams Almonds
20 grams Cocoa Powder
40 grams Unsweetened Coconut Flakes
(divided)
145 grams Pitted Dates (soaked and
drained)
1 1/2 tbsps Coconut Oil
1 tbsp Raw Honey

Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!



Black Bean Brownies

9 servings

40 minutes

Ingredients

345 grams Black Beans (cooked)
3 Egg
60 milliliters Coconut Oil (melted)
1 tsp Vanilla Extract
1/4 tsp Sea Salt
65 grams Cocoa Powder
35 grams Coconut Sugar
85 grams Raw Honey
1/2 tsp Baking Powder
100 grams Dark Chocolate (chopped and divided)
35 grams Sliced Almonds

Directions

- 1 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 2 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 3 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 4 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 5 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 6 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 7 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients: Omit the dark chocolate and almonds if desired.

Leftovers: These brownies keep well in the fridge up to 4 days. Freeze for longer.



Avocado Brownies

12 servings

30 minutes

Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 70 grams Coconut Sugar
- 3 tbsps Ghee
- 55 grams Almond Flour
- 40 grams Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 80 grams Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy!

Notes

Avocado: One medium avocado is equal to approximately one cup of mashed avocado.

No Ghee: Use coconut oil or coconut butter instead.

Pan Size: For 12 servings, we used a 9 x 9-inch pan.