FUDGY ALMOND BUTTER BROWNIES

YIELDS 16   MARK HYMAN, MD

Preheat the oven to 350° and line an 8x8 baking pan with parchment paper. Grease with 1 tbsp of coconut oil and set aside. Combine the flax seeds with water in a small bowl and set aside.

In a mixing bowl, mix almond butter and coconut sugar together, until incorporated, then add the vanilla extract, maple syrup, and flax/water mixture. Mix until combined.

Add the dry ingredients into the wet ingredients. Fold it all together and stir until no lumps remain. The mix should be sticky.

Pour the brownie batter into the prepared oiled baking pan; it will be very thick. Use the remaining 1 tbsp of coconut oil to grease another sheet of parchment paper. Place the oiled parchment paper on top of the batter and press with your hands to spread the batter evenly until completely flattened.

Remove the top piece of parchment paper and bake for 30-35 min, or until inserting a toothpick into the center comes out clean.

Wait 15 min until the brownies are cooled, then cut into squares.

For an optional topping, melt the coconut oil with chocolate and drizzle over the brownies. Then sprinkle with a pinch of coarse sea salt and enjoy!

INGREDIENTS

2 tbsp ground flax seeds

6 tbsp water

2 tbsp coconut oil, divided

1 cup almond butter

⅓ cup coconut sugar

1 tsp vanilla extract

⅓ cup maple syrup

¼ cup cassava flour

¼ cup 100% cacao powder, unsweetened

1 tsp baking soda

Pinch of sea salt

TOPPINGS

1 tbsp coconut oil

2 oz 100% cacao chocolate bar, unsweetened

Pinch of coarse sea salt