



Coconut Zucchini Brownies

with

Dark Chocolate Avocado Frosting

Ingredients:

For the Brownies:

- 2 tbsp ground flax seed
- 6 tbsp water
- 1 cup coconut butter, homemade or store bought
- 2 cups zucchini, shredded
- 1/3 cup maple syrup
- 3 tbsp cacao powder
- 1/2 cup dark chocolate chunks (I chop up a dark chocolate bar, such as Alter Eco's *Dark Blackout*)
- 2 tsp vanilla extract
- 1 tsp baking powder

For the Frosting:

- 2 avocados, pitted and peeled
- 1/2 cup cacao powder
- 1/2 cup maple syrup
- 2 tbsp coconut oil
- pinch of salt

Instructions:

1. Heat oven to 350°F.
2. Line an 8x8 glass baking dish with parchment paper.
3. In a small bowl, mix ground flax seed and water together to make a flax egg. Set aside to thicken.
4. To a food processor fitted with the S-blade, add coconut butter, zucchini, maple syrup, cocoa powder, chocolate chunks, vanilla extract, and baking powder. Add thickened flax egg.
5. Process on high speed until all ingredients come together to form a smooth batter, about 1–2 minutes.
6. Pour batter into the prepared baking pan, smoothing the top with a spatula.
7. Bake for 50 minutes, then cool before refrigerating to set completely.

8. For the frosting, add the avocado, cacao, maple syrup, coconut oil, and salt to a food processor fitted with the S-blade, and process on high speed until all the ingredients have come together and the consistency is smooth and creamy.
9. Spread a generous amount of frosting on the chilled brownies and enjoy!

Blushed Tips:

- Brownies may appear undercooked after 50 minutes, but this is normal. They will set and firm up once cooled and refrigerated.
- Store brownies in the fridge for up to five days (if they last that long!) or the freezer for up to three months.
- Before I start making the brownies, I like to shred the zucchini in my food processor because it only takes seconds!
- If you don't have a food processor, you could probably make this recipe in a blender, although I have never attempted it myself.