

Recipe

INDULGENT CHOCOLATE BROWNIES WITH COCONUT WHIP



► ► Vegan, nut-free

Yield: 12 servings

Prep Time: 10 min

Cook Time: 17 min

Total Time: 30 min (excluding refrigeration time of coconut milk)

INGREDIENTS

1/3 cup (75 ml) melted refined coconut oil
 1/3 cup (66 g) sugar
 1/4 cup (60 ml) maple syrup
 2 Tbsp (30 g) ground flax seeds
 1/2 cup (118 ml) coconut water (from a can)*
 1 tsp (5 ml) vanilla
 3/4 cup (75 g) cacao powder
 1 cup (120 g) flour
 1 tsp (5 g) baking powder
 1 tsp (5 g) salt
 1/2 cup (75 g) chocolate chunks

* can substitute with any type of plant-based milk or use plain water

FOR THE COCONUT WHIP

1 can (400 ml) full fat coconut milk, refrigerated
 1 tbsp (15 g) icing sugar (or to taste)

DIRECTIONS

1. Prepare flax eggs by mixing the ground flax seed with 6 tbsp (90 ml) of water. Let sit for 5 minutes to gel up.
2. Preheat oven to 350°F (180°C) and line or oil a 11x7 inch (30x20 cm) pan.
3. To a large bowl, mix sugar, maple syrup, and coconut oil together. Then add the two flax eggs, vanilla, coconut water, and cocoa powder and blend.
4. Then add the flour, baking powder, salt. Give it a few good stirs to combine.
5. Lastly, fold in the chocolate chunks.
6. Pour into the baking dish and even out the top with the back of a spoon. Bake for 15-17 minutes, or until the top is firm to the touch. Remove from the oven and let sit for 5 minutes before transferring to a cooling rack to cool completely.

FOR COCONUT WHIP

1. Place a can of unopened coconut milk in the fridge for at least 1 hour (the longer you can leave it, the better).
2. Open the can and carefully separate the white coconut solid from the coconut water. Save the water for the recipe (see above).
3. Whip the white coconut solids and powdered sugar together until fluffy.
4. Top the brownies with the whip, or enjoy in any other dessert recipe!

NOTES

You can make this into a parfait using coconut whip, vegan yogurt, nuts, seeds, or chocolate!

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