

FUDGY FLOURLESS PEANUT BUTTER BROWNIES

Nothing against flour, but there is magic that happens when brownies are made without it. Instead of teetering on cakey and dry, brownies are almost guaranteed to be ultra moist and fudgy without flour. This recipe builds on that with a liquid sweetener, agave, that supports even more fudge-like texture versus traditional granulated sugar.

The other feature of these brownies is that instead of butter, peanut butter is used for complex, nutty flavor as well as lots of healthful fats. While these brownies are incredibly flavorful and indulgent, they sneak in some nutritional perks like more protein and unsaturated fat, and less sugar than traditional brownies.

Recipe loosely adapted from the Healthy Fudge Brownie recipe from Dishing Out Health.

Gluten Free & Vegetarian

Total prep time: 40 minutes

Servings: 9-12



Ingredients

Brownies:

- 1 egg
- 1/2 cup agave nectar
- 1/4 cup dark/Dutched cocoa
- 6 tbs. water
- 1 tsp. vanilla extract
- 1/4 tsp. kosher/flaky salt
- 1-1/4 cup smooth natural peanut butter

PB swirl:

- 2 tbs. smooth natural peanut butter
- 1 tbs. agave nectar

Directions

- Preheat oven to 350°F (177°C) and arrange a rack in the middle of the oven.
- Line a 8"x8" (20cm x 20cm) metal baking pan with parchment paper so that the paper comes up the sides of the pan.
- In a medium to large bowl, whisk the egg until smooth. Mix in the agave nectar, cocoa powder, water, vanilla extract and salt until evenly combined.
- Add the peanut butter and mix until homogeneous.
- Pour batter into parchment lined baking pan and smooth out into an even layer.
- In a small bowl or cup, make the peanut butter swirl by mixing together the peanut butter and agave. Drizzle the mixture onto the brownie batter. Use a toothpick or chopstick to swirl the mixture into the brownies.
- Place pan in the oven on the middle rack. Bake for 20-22 minutes. Remove brownies from the oven when the middle is just set. Be careful to not overcook at all.
- Let cool on a rack to room temperature. Cut into 9-12 squares.