



Zucchini Brownies

Ingredients (Serves 48 mini muffins):

2 tbsp ground flax seed meal*
6 tbsp water*
¼ cup coconut oil
¼ cup applesauce
1-1/2 cups sugar
½ cup cocoa
1 medium zucchini
2 tsp vanilla extract
2 cups white sugar
2 cups flour
1 tsp salt
1-1/2 tsp baking soda
½ cup walnuts (optional)
¼ cup chocolate chips

Nutritional Information:

Per mini muffin:

- Calories: 51 kcal
- Fat: 2 g
- Saturated Fat: 1 g
- Unsaturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 86mg
- Potassium: 8mg
- Carbohydrates: 9g
- Fiber: 1g
- Sugar: 7g
- Protein: 1g

Instructions:

Preheat oven to 350 degrees. Spray mini-muffin pans with Pam.

Mix ground flax seed meal and water in a bowl and let sit for 5 minutes. In Blendtec WildSide jar, add ground flax seed, applesauce, melted coconut oil, granulated sugar, cocoa, zucchini, and vanilla. Secure lid and select "Batter." Add flour, salt, baking soda and walnuts to jar; press "Pulse" 4-6 times or until all flour is incorporated. Mixture will be thick. Spoon into mini-muffin pans and bake for 8 minutes; do not over bake. Remove from oven and place 1 chocolate chip in center of brownie. Let cool then remove from pan.

*Vegan egg: 1 tablespoon ground flaxseed; 3 tablespoons water.
This delicious recipe brought to you by Blendtec