

Vegan Double Chocolate Brownies

Make these fudgy, caramel-coated, Vegan Double Chocolate Brownies for a delicious and healthy way to boost your mood and liver function!

This plant-based recipe is coated with **CanPrev's Milk Thistle Liposomal** in a delicious coconut caramel flavour. Each bite supports liver-protective and regenerative benefits, not to mention the fibre-rich ingredients help bind and eliminate toxins. These decadent brownies are proof that dessert can support your health goals!



Preparation time: 50 mins. | Servings: 12



Ingredients

- 1 cup chickpea flour
- 1 cup plant-based dark chocolate chips
- 1 cup water
- ¾ cup raw cacao powder
- ½ cup pure maple syrup
- ½ cup brown rice flour
- ½ tsp sea salt
- ¼ cup avocado oil
- 1 tsp baking powder
- 1 tsp vanilla extract

Chia Egg:

- 2 tbsp ground chia seeds
- 5 tbsp water

Chocolate Caramel Drizzle:

- 4 tbsp Milk Thistle Liposomal
- ½ cup dark chocolate chips, melted

Method

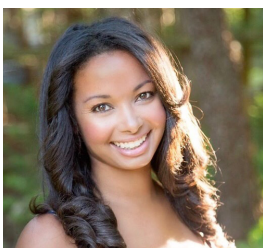
1. Preheat oven to 350F.
2. Line a 9"x9" square baking pan with parchment paper.
3. In a small bowl make chia egg by combining ground chia with water. Mix well and set aside to thicken.
4. In a medium-sized bowl, combine chickpea and brown rice flour, cacao powder, sea salt, and baking powder.
5. In a separate bowl, combine water, maple syrup, vanilla, avocado oil, and chia egg. Mix well and then fold in the dry ingredients and chocolate chips.
6. Pour batter into the baking pan and bake for 35 to 40 minutes until an inserted toothpick comes out clean.
7. Let brownies cool before drizzling with melted chocolate chips and Milk Thistle Liposomal.

Storage tips: Refrigerate in an airtight container for up to one week.

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Developed by: Marilia Pereira



As a Holistic Nutritionist and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, clinical iridology, nutritional consultations, workshops and seminars.

