

Health Cacao Superfood Brownies

A fudgy and decadent brownie that is rich, chocolatey, and indulgent, but they're also gluten-free, dairy-free, oil-free, refined sugar-free, and healthy!

Ingredients:

- 1/3 cup oat flour
- 1/3 cup Cacao Bliss
- 2 tablespoons Collagen Peptides
- 1/2 teaspoons baking soda
- 1/4 teaspoons salt
- 1/2 cup mashed avocado (about 2 small avocados)
- 1/3 cup unsweetened applesauce
- 3 tablespoons maple syrup
- 1 teaspoon vanilla



Notes :

Enjoyed best when shared.



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Procedure:

1. Preheat the oven to 375° F. Line an 8- or 9-inch square baking dish with parchment paper, leaving some overhang to make removing the brownies easier.
2. In a medium bowl, combine oat flour, Cacao Bliss, Collagen Peptides, baking soda, and salt. Whisk to combine.
3. In a separate medium bowl, combine mashed avocado, applesauce, maple syrup, and vanilla. Mix thoroughly until combined, smooth, and creamy.
4. Add dry ingredients to wet and mix until combined.
5. Pour batter into the prepared baking dish and spread evenly with a spatula. Bake for 25 minutes until a toothpick inserted in the center comes out mostly clean.
6. Allow to cool completely before cutting into squares. Store leftovers in the refrigerator.
7. Grab some Cacao Bliss and Collagen Peptides [here!](#)

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