



## FAB RECIPE – WEEK OF 25 MARCH 2012

### Gluten-Free Dark Chocolate Brownie Recipe



*These fudgy chocolate brownies baked with coconut oil are dairy-free.*

**Ingredients:** Yield: 12-16 servings

5 ounces high quality 60-70% cocoa dark chocolate  
1/2 cup organic coconut oil  
1 cup light brown sugar (not packed)  
1/2 cup almond meal  
1/4 cup brown rice flour  
1/2 teaspoon fine sea salt  
1/4 teaspoon baking soda  
2 organic free-range eggs, beaten  
1 tablespoon bourbon vanilla\*

**Optional:** 1/2 cup chopped pecans or walnuts, and Dark chocolate chips for the top, if desired

**Instructions:**

Preheat the oven to 350°F. Line an 8x8-inch square baking pan with foil and lightly oil the bottom.

Melt the dark chocolate and coconut oil in a saucepan over low heat, gently stirring. (Or melt in a microwave safe measuring cup and stir together to combine.)

In a mixing bowl whisk together the brown sugar, almond meal, brown rice flour, fine sea salt and baking soda. Make a well in the center and add the beaten eggs, vanilla extract and melted dark chocolate mixture. Beat on low-medium for two minutes, until the batter begins to come together. At first it will seem thin, like cake batter, but keep beating until it thickens and becomes smooth and glossy.



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If you are adding nuts, stir in the nuts by hand and spread the batter into the prepared baking pan. Even out the batter with a silicone spatula.

Stud the top with some dark chocolate chips and press in slightly.

Bake in the center of a preheated 350 degree F oven for 32 to 35 minutes, or until the brownies are set. The top will crack, like a flourless chocolate cake.

Cool on a wire rack; and remove the cooled brownies from the pan by gripping the foil edges and lifting the brownies out as a whole.

Chill for an hour before cutting. (Though warm and gooey is really divine, if you don't mind them falling apart.)

Source:<http://glutenfregoddess.blogspot.com/2006/01/dark-chocolate-brownies.html#ixzz1qcJoT0yY>