

Metabolism-boosting double chocolate brownies

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These healthy chocolate lover's blender brownies are so fudgy and chocolatey that you'd never be able to tell they're made without flour

Ingredients (Serves 12)

- 1 ½ cups [walnuts](#) or pecans
- 3 tbsp melted coconut oil
- 1 large, ripe [avocado](#)
- ⅓ cup raw [cacao powder](#)
- ½ vanilla pod, scraped, or 1 tsp essence
- ¼ tsp cinnamon
- ¼–½ tsp cayenne pepper powder (depending on your heat tolerance)
- Pinch of salt
- ½ cup rice malt syrup
- ¼ cup cacao nibs or sugar-free chocolate chips
- 90 per cent cocoa dark chocolate, melted, for drizzling

Method

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Add nuts to a food processor and process to a chunky flour.

Add the melted coconut oil and avocado, then process again.

This time add the cacao powder, vanilla, cinnamon, cayenne, salt and rice malt syrup. You may like to add more sweetener to taste.

Remove the sticky dough from the processor and stir in the nibs or chocolate chips.

Press the mixture into a brownie pan, drizzle with melted dark chocolate, and freeze for 2 hours.

Slice into 12 equal squares, and enjoy straight from the freezer!

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