

# Selah V. Fitness - Recipes

## **VEGAN NO SUGAR GOOEY CHOCOLATE FUDGE BROWNIES**

### INGREDIENTS

Coconut Oil Spray

1 C. Unsweetened Applesauce

1 tsp. Coconut Oil

1/2 tsp. Stevia Powder

3 Packets NuNaturals Stevia

1 tsp. Vanilla Extract

1/4 tsp. Almond Extract

3/4 C. Oat Flour or Trader Joes Gluten Free Flour Blend

1/3 C. Unsweetened Cocoa

2 tsp. Baking Powder

1/2 tsp. Baking Soda

1/2 tsp. Coarse Sea Salt

1/8 tsp. Cinnamon

1. C. Vegan unsweetened Carob Chips or Cacao Nibs

### DIRECTIONS

Spray 9X9 Inch Pan with Coconut Oil Spray & Preheat oven to 350 degrees.

Mix together Everything except for the Carob Chips/Cacao Nibs. After it's mixed, you can add the Vegan unsweetened Carob Chips or Cacao Nibs, then spread mixture into pan.

Bake for 20-25 minutes while you get your circuit workout in!

Makes 16 brownies, approximately 50 calories each.