





BLENDER BROWNIES

3 large free range eggs
1/2 cup (100g) ripe avocado, chopped
1/3 cup pure maple syrup
1/4 cup melted coconut oil
1/2 cup hazelnut meal
1/3 cup raw cacao powder
1 tsp vanilla bean powder
1/2 tsp baking powder
1/4 cup hazelnut

1. Pre-heat your fan-forced oven to 170°C.
2. In your Vitamix blender add all of your ingredients (except the hazelnuts for topping), placing your wet ingredients in first.
3. Blend at low speed until smooth and well combined (use a spatular to scrape down sides if needed)
4. Pour brownie batter into a small, square cake tin lined with baking paper (use a spatula to get all of your batter out).
5. Sprinkle with chopped hazelnuts.
6. Bake in oven for 20 - 25 minutes.
7. Allow to cool. Slice into squares. Store in refrigerator to keep fresh or in freezer for quick and easy, ready to-go treats.