



GLUTEN-FREE BROWNIES

1/3 cup brown rice flour
1/3 cup almond flour
2 tblsp natural unsweetened cocoa powder
½ tsp ground cinnamon
½ tsp baking soda
1/8 tsp sea salt
8 oz dark chocolate (68-72% cacao content), chopped
1/3 cup extra-virgin olive oil
2 organic eggs
1/3 cup Grade B maple syrup
1/3 cup maple sugar
1 tsp vanilla extract
½ cup coarsely cup chopped walnuts (optional), toasted

Preheat oven to 350 degrees. Line an 8-inch square baking pan with two pieces of foil long enough to overlap on all 4 sides. Lightly oil the foil. You can also use a 9x6 inch baking pan. The baking time will be reduced to about 25 minutes, depending on oven variations.

Put the almond flour, brown rice flour, cocoa powder, cinnamon, baking soda, and salt in a bowl and stir with a whisk to combine.

Put half of the chocolate in a heatproof bowl and set the bowl over a saucepan of simmering water. Heat, stirring often, just until the chocolate is melted and smooth. Remove from the heat and whisk in the olive oil.

Crack the eggs into a large bowl and whisk until frothy. Slowly add the maple syrup and maple sugar, whisking all the while, and continue whisking until the mixture is smooth. Add the vanilla extract, then gradually add the chocolate whisking vigorously all the while, and continue whisking until smooth and glossy.

Add the flour mixture and beat for about 1 minute. Stir in the remaining chocolate and the walnuts. Scrape the mixture into the prepared pan and smooth the top with a spatula.

Bake for 30 minutes or until a toothpick inserted in the center comes out clean. Let cool to room temperature in the pan, then cover and refrigerate for at least 1 hour before cutting into 16 brownies.

Paleo & Fudgier Variation: For brownies that are fudgier, or completely grain free, replace the rice flour with another 1/3 cup of almond flour.

Source:

Katz, Rebecca. "The Longevity Kitchen"