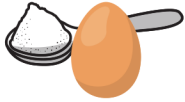


Brownies



8g of carbohydrates / piece



3 tbsp of splenda
+ 1 egg



1 tbsp. of
vanilla extract



¼ of an avocado of
medium size



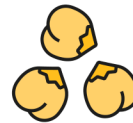
⅓ cup of
cocoa powder



1 tsp. of
baking soda



1 tsp. of
caramel extract



⅓ cup of canned
chickpeas



1 tablespoon of salt



⅓ cup of white
flour



40 ml of E.D. Smith
Pancake Syrup
(no sugar added)



¼ cup of almond
almond milk
(unsweetened)



1 tbsp. sugar-free dark
chocolate chips

Steps

1. Crush the chickpeas
2. Mix all ingredients together
3. Place a sheet of parchment paper in the bottom of a 7x7 cake pan to make 2 inch high brownies
4. Pour the mixture into the pan
5. Bake for about 40 minutes at 350°.
6. Let stand 5 minutes. then cut into 12 pieces.

Reciepe by Matthieu Legault

