



Zucchini Brownies

Moist dark chocolate zucchini brownies made with whole wheat flour, coconut oil, and maple syrup. So decadent, you'll never suspect they're healthy!

Ingredients

2 cups zucchini - grated
1/2 cup coconut oil, - melted and cooled, or very light olive oil or canola oil
1/2 cup pure maple syrup - (use the real deal! I prefer Grade B, which has a richer flavor)
2 large eggs - at room temperature

1 teaspoon vanilla extract
1 3/4 cup whole wheat pastry flour
1/2 cup unsweetened cocoa powder
1/2 teaspoon kosher salt
1 1/2 teaspoons baking powder
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1 cup rough chopped Farm Fresh Walnuts
8 ounces chopped dark chocolate - or 1 1/3 cups dark chocolate chips, 55% to 60% dark for a classic brownie taste; 70% dark for an intense, bittersweet chocolate taste

Instructions

Place a rack in the center of your oven and preheat the oven to 350 degrees. Grease an 8 x 8 inch baking pan and line with parchment paper so that you have a little hanging over the sides. Grease parchment paper a second time. Set aside.

Grate the zucchini, then lightly pat a paper towel to remove some excess moisture. Do not dry the zucchini out completely.

In a large mixing bowl, beat together the coconut oil, eggs, maple syrup, and vanilla. Add zucchini.

In a separate bowl, combine flour, cocoa, salt, baking powder, cinnamon, and nutmeg. Stir to combine.

Add dry mixture to the wet/zucchini mixture. Stir to combine. Add chocolate chips and Farm Fresh walnuts

Pour batter into prepared pan.

Bake 30-35 minutes or until a toothpick inserted in the center comes out mostly clean but with a few crumbs still clinging to it. Let cool completely before removing from pan with the parchment paper handles.