

Peanut Butter Brownies



Discover our delicious Peanut Butter Brownies recipe. These rich and fudgy brownies are infused with the delightful flavor of peanut butter, creating a divine combination that will satisfy your sweet cravings.

Preparation 10 min

Cooking 15 min

Servings 12

Nutrition Facts (per serving)

Calories 260

Fat 9

Carbohydrates 36

Fibre 4

Protein 7

Sodium 50

Ingredients

- 1 banana, very ripe and mashed
- 125 ml (1/2 cup) unsweetened applesauce
- 125 ml (1/2 cup) plain Greek yogurt
- 1 egg
- 125 ml (1/2 cup) peanut butter or almond butter
- 175 ml (3/4 cup) maple syrup

- 5 ml (1 tsp) baking powder
- 1 pinch of salt
- 125 ml (1/2 cup) cocoa powder
- 175 ml (3/4 cup) whole wheat flour
- 75 ml (1/3 cup) [Still Good Ground Grain Flour](#)
- 125 ml (1/2 cup) dark or semi-sweet chocolate chips

Topping

- Peanut butter or melted chocolate

Preparation

1. Line an 8x8-inch pan with parchment paper and preheat the oven to 350°F (180°C).
2. In a large bowl, whisk together mashed banana, applesauce, Greek yogurt, egg, peanut or almond butter and maple syrup.
3. In a separate bowl, combine baking powder, salt, cocoa, flours and chocolate chips.
4. Add to the wet mixture and mix until smooth.
5. Spread mixture in pan and bake for 30 minutes or until toothpick comes out clean.
6. Let cool, then divide into 12 pieces. Add a drizzle of peanut butter or melted chocolate if desired.

Notes



Maude Bélanger – Nutritionniste Diététiste à Joliette
Registered Dietitian Nutritionist North Shore of Montreal