

Pumpkin Brownies



This decadent brownie recipe, approved by our registered dietitians and nutritionists, is perfect for using up your Halloween pumpkin leftovers. Moist and delicious, low in sugar, and high in fiber, this [healthy dessert](#) will surprise many!

Preparation 10 min

Cooking 30 min

Servings 9

Nutrition Facts (per serving)

Calories 115

Fat 3

Carbohydrates 20

Fibre 4

Protein 4

Sodium 20

Ingredients

- 250 ml (1 cup) dates
- 125 ml (½ cup) water
- 2 large eggs
- 250 ml (1 cup) unsweetened pumpkin purée (canned or homemade)

- 80 ml (? cup) almond flour
- 60 ml (¼ cup) gluten-free flour (or all-purpose flour)
- 30 ml (2 tbsp) psyllium husk
- 10 ml (2 tsp) instant coffee
- 10 ml (2 tsp) vanilla extract
- 10 ml (2 tsp) apple cider vinegar
- 5 ml (1 tsp) baking powder

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a medium bowl, heat the dates and water in the microwave for 1 minute and 30 seconds, then grind them in a food processor or with an immersion blender. Let it cool.
3. In a large bowl, mix the remaining ingredients. Add the cooled date puree to the mixture to prevent it from cooking the eggs.
4. Place the mixture in a square baking dish and bake for 30 minutes, or until the center is still very moist. Let it cool and cut into 9 pieces.

Notes

Can be stored in an airtight container in the refrigerator for 7 days. Freezes for up to 3 months.



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