

Oil-Free Zucchini Brownie



Indulge in an unforgettable chocolate experience with our oil-free zucchini brownie recipe. Discover the perfect blend of velvety chocolate and the sweetness of zucchinis, resulting in a burst of flavors that will tantalize your taste buds. Give in to the ultimate gourmet pleasure!

Preparation 20 min

Cooking 35 min

Servings 9

Nutrition Facts (per serving)

Calories 160

Fat 6

Carbohydrates 21

Fibre 4,5

Protein 6

Sodium 100

Ingredients

- 15 mL (1 tbsp.) of chia seeds
- 65 mL (1/4 cup) of water
- 250 mL (1 cup) of vanilla plant-based milk
- 15 mL (1 tbsp.) of lemon juice
- 440 mL (1 ¾ cups) of spelt flour (or all-purpose flour)

- A pinch of salt
- 65 mL (1/4 cup) of cocoa powder
- 85 mL (1/3 cup) of maple syrup
- 250 mL (1 cup) of grated zucchini
- 65 mL (1/4 cup) of mini chocolate chips
- 65 mL (1/4 cup) of chopped pecans

Preparation

1. Preheat the oven to 375°F. Lightly grease a square 9-inch glass baking dish.
2. In a small bowl, combine the chia seeds and water. Stir and let it sit for a few minutes.
3. Pour the vanilla plant-based milk into a cup and add the lemon juice. Set aside.
4. In a large bowl, mix the flour, baking powder, salt, and cocoa powder.
5. In a medium bowl, pour the milk and lemon mixture, then add the chia seed mixture and maple syrup. Stir using a fork.
6. Pour the liquid mixture into the dry mixture, then add the grated zucchini, mini chocolate chips, and chopped pecans. Mix everything together before pouring it into the baking dish.
7. Bake for approximately 35-40 minutes or until desired doneness.

Notes



Gabrielle Simard – Créatrice culinaire
Culinary Creator