
Healthy Tahini Brownies with Chia Eggs

Cook Time: 20 min

prep Time: 10 min

total Time: 30 min

servings: 16

Ingredients:

250g 70% dark chocolate, chopped
1/4 cup (60ml) coconut oil
1/2 cup (120ml) tahini
1/2 cup (70g) coconut sugar
1/4 cup maple syrup
1 teaspoon vanilla extract
5 tablespoons (85g) chia egg (see intro)
3/4 cup (78g) chickpea flour, toasted (see intro)
2 tablespoons unsweetened cacao powder
1 tablespoon arrowroot or cornstarch
1/2 teaspoon baking soda
1/4 teaspoon salt

Quick Tahini Caramel:

1/4 cup tahini
2 tablespoons date molasses
1/8 teaspoon salt

Instructions:

1. Pre-heat the oven to 350F or 160C. Prepare a square 20cm pan with parchment paper and place it on a baking sheet. Set aside.
2. Melt the chocolate with the coconut oil in a double-boiler or the microwave. Once the chocolate is melted, add the tahini, coconut sugar, maple syrup, and vanilla. Mix to incorporate. Add the chia egg and mix well.
3. In a medium bowl. Sift together the chickpea flour, the cacao powder, arrowroot if using, the baking soda and salt. Add the liquid mixture to the ingredients and mix just until no flour remains.
4. Transfer the thick batter to the prepared pan, and spread evenly. Bake for about 15-17 minutes, just until the top looks dry and set.
5. While the brownies are cooling, mix the caramel ingredients together.
6. Once the brownies are cool, slice into 16 squares, and serve drizzled with the tahini caramel.

Notes:

Store leftovers in an air-tight container in the fridge for up to 5 days.