

# In The Kitchen

Afternoon  
treat  
without the  
guilty!

## Zucchini Chocolate Brownies

### Ingredients:

- 2 cups zucchini, grated
- 1/2 cup melted and cooled coconut oil
- 1/2 cup pure maple syrup
- 2 large eggs, at room temperature
- 1 teaspoon vanilla extract
- 1 3/4 cup wholemeal flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 1/3 cups dark chocolate chips

### Directions:

1. Preheat the oven to 180 degrees (160 in a fan forced oven) Grease an 8 x 8 inch baking pan and line with baking paper so that you have a little hanging over the sides. Set aside.
2. Grate the zucchini, then lightly pat a paper towel to remove some excess moisture. Do not dry the zucchini out completely.
3. In a large mixing bowl, beat together the coconut oil, eggs, maple syrup, and vanilla. Add zucchini.
4. In a separate bowl, combine flour, cocoa, salt, baking powder, cinnamon, and nutmeg. Stir to combine.
5. Add dry mixture to the wet/zucchini mixture. Stir to combine. Add chocolate chips.
6. Pour batter into prepared pan.
7. Bake 30-35 minutes or until a toothpick inserted in the center comes out mostly clean but with a few crumbs still clinging too it. Let cool completely before removing from pan.
8. Cut once cooled and try and stop at just one!!