

OAT FLOUR BROWNIES★★★★★

COURSE: DESSERT **CUISINE:** AMERICAN **KEYWORD:** OAT FLOUR BROWNIES

PREP TIME: 10 MINUTES **COOK TIME:** 25 MINUTES **TOTAL TIME:** 35 MINUTES

SERVINGS: 16 **CALORIES:** 132KCAL **AUTHOR:** MEGAN GILMORE

These Oat Flour Brownies taste just as delicious as the traditional version, only these are made with gluten-free oat flour! Be sure to let these brownies cool completely before slicing into them, for the best taste and texture. They are fragile when warm!

INGREDIENTS

- 1/2 cup oat flour
- 2/3 cup cacao powder
- 3/4 cup coconut sugar
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup salted butter ,
melted (or 1/3 cup
coconut oil)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly grease an 8-inch square pan with oil. Press a piece of parchment paper into the bottom of the pan, so the brownies will be easy to remove later.
2. In a large bowl, combine the oat flour, cacao powder, coconut sugar, baking soda, and salt. Whisk well to combine.
3. Add in the melted butter and stir briefly, to make sure it cools down slightly. Then add in the egg and vanilla extract, and stir again. Fold in the chocolate chips.
4. Transfer the batter to the prepared pan and use a spatula to press the batter into the bottom of the pan. This batter is thicker than you might expect, so it won't spread easily. Bake at 350°F for 20 to 25 minutes. The middle still might look slightly jiggly in the center, but these brownies will firm up as they cool. If you bake them for 30 minutes, the edges will become quite crispy, which is not my preference, but I mention it in case you like that!
5. Let these brownies cool completely before slicing into them. Oat flour produces a very fragile brownie that will crumble if you cut into them while they are warm. However, once they cool, they will hold together much better, with a fudgy texture in the middle. You can place them in the fridge to speed-up the cooling process, if you like. Leftovers can be stored in an airtight container in the fridge for up to 1 week, or they can be frozen for up to 3 months.

NOTES

Nutrition information is for 1 of 16 brownies. This information is automatically calculated, and is just an estimate and not a guarantee.

If you use unsalted butter, you may want to increase the salt in this recipe to 1/4 teaspoon. You can add up to a 1/2 teaspoon of salt, if you prefer a more salted brownie flavor.

If you'd like to attempt a lower-calorie brownie, I've made this recipe using only a 1/3 cup of butter, and the results are also good! They are just slightly drier in texture. You can also experiment with swapping half of the butter for pumpkin puree, if you don't mind a slightly more cake-like brownie texture.

For a cake-like brownie, add 1 more egg to this recipe. It will make the brownies less fragile when they are warm, too.

To make a vegan brownie, you can swap the melted butter for a 1/4 cup of melted coconut oil and use a flax egg (1 tablespoon ground flax + 3 tablespoons water) to replace the egg. These really need to cool completely before you slice into them, because they will be very fragile when warm.

NUTRITION

Calories: 132kcal | Carbohydrates: 15g | Protein: 2g | Fat: 8g | Saturated Fat: 5g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 28mg | Sodium: 127mg | Potassium: 75mg | Fiber: 2g | Sugar: 9g | Vitamin A: 207IU | Vitamin C: 1mg | Calcium: 17mg | Iron: 1mg

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