

VALENTINES BREAKFAST BROWNIE SAMMY'

RECIPE BY CHEF KENZIE OSBORNE

BLOG: [HTTPS://KENZIEOSBORNE08.WIXSITE.COM/POWERITUP](https://kenzieosborne08.wixsite.com/poweritup)

INSTAGRAM @POWERITUP2020

My mom is gluten-free, and absolutely LOVES her chocolate - she has a chocolate stash in each room of the house (not gonna lie, so do I...). Chocolate desserts are probably my favourite thing - and chocolate on Valentines Day is a MUST! Growing up, my mom and I would indulge in sugar-filled, gluten-filled brownies and chocolate cakes - these were definitely delicious, but they left us feeling stuffed, low-energy, and beat down. Since becoming a chef, my mission has been to make delicious comfort foods healthy AND tasty - there's no way I was going to give up my chocolate obsession (I just had to find a way to sneak some nutrient-dense foods in there!). These brownies do exactly that - with the black beans snuck into the batter, this brownie recipe packs in a punch of protein and fibre - BONUS! The dark chocolate adds in much-needed antioxidants, and the chia seed jam helps you reach your daily dose of omega-fatty acids. Don't worry though - this recipe DOES NOT taste like a bean patty - instead the beans add an ooey-goey texture that makes for an extremely indulgent brownie! Plus - the ingredients make the recipe healthy enough to enjoy for breakfast. Surprise your loved ones this valentines with a big ol' breakfast brownie sammy' to celebrate the day in the BEST way! Store the extras (if there's any left...) in the fridge for up to one week - or freeze for up to one month!

Nutrition Facts Valeur nutritive

Per (174 g)
pour (174 g)

Calories 350	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 18 g	24 %
Saturated / saturés 11 g	55 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 110 mg	
Sodium 350 mg	15 %
Potassium 450 mg	10 %
Calcium 175 mg	13 %
Iron / Fer 3.5 mg	19 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



VALENTINES BREAKFAST BROWNIE SAMMY'

RECIPE BY CHEF KENZIE OSBORNE

BLOG: [HTTPS://KENZIEOSBORNE08.WIXSITE.COM/POWERITUP](https://kenzieosborne08.wixsite.com/poweritup)

INSTAGRAM @POWERITUP2020

Yield = 8 svgs

Ingredients

Flourless Chocolate Brownie

- 1/4 cup coconut oil
- 1/4 cup dark chocolate (at least 70%)
- 1 can black beans, rinsed
- 4 eggs
- 1 tsp vanilla extract
- 1/2 cup maple syrup
- 1/3 cup cocoa powder
- 1/3 cup oats
- 1 tsp baking powder
- 1 tsp baking soda

Honey Ricotta Spread

- 1 tub (500 ml) ricotta cheese
- 2 tbsp honey
- Zest and juice of one orange

Raspberry Chia Seed Jam

- 1 cup frozen raspberries
- 1 tbsp chia seeds

Directions

1. Preheat oven to 350F and grease one 8x8 cake pan.
2. Melt coconut oil and dark chocolate in a double broiler or in the microwave. If microwaving, cook it in 30-second intervals and stir in between to avoid overcooking and burning the chocolate. Stop once chocolate is smooth and melted.
3. Pour the melted chocolate and coconut oil, black beans, eggs, vanilla, maple syrup, cocoa powder, oats, and baking powder into a blender or food processor. Blend until smooth.
4. Pour into the greased baking pan, and bake for 20-25 minutes, until a wooden skewer comes out clean.
5. Meanwhile, combine 1 tub (500 ml) ricotta cheese with 2 tbsp honey (or maple syrup) and the zest and juice of one orange. Mix until combined. Set aside in the fridge for later use.
6. Finally, place one cup of frozen raspberries in a pot over medium heat. Bring to a boil, and smash the berries with the back of a fork. The texture should resemble a chunky-jam.
7. Once boiling, remove from heat and stir in 1 tbsp chia seeds. Let sit for 5 minutes, then transfer to an airtight jar. This jam can be stored in the fridge for one week, and is a delicious topping for bread, cake, or pastries!
8. Take the brownies out of the oven and place on a cooling rack. Once cool, cut into 8 portions. Slice each brownie in half (to make a sandwich) and spread 2 tbsp of the ricotta mixture and 1 tbsp raspberry chia seed jam on one brownie "slice". Place the other slice on top to create a mini lil' brownie sandwich!

PS: You will have some leftover ricotta and berry jam - use this on toast or as a topping for other pastries!!