

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Coconut Flour Brownie Cake

From the nourishing home Facebook page

- 1 cup coconut flour (spooned and leveled)
- 1 Tbsp aluminum-free baking powder
- ¼ tsp sea salt
- ¾ cup unsalted butter
- ¼ cup coconut oil
- ½ cup unsweetened cocoa powder
- ½ cup chocolate chips (65% cacao or higher)
- 3 large eggs
- ¾ cup pure maple syrup
- 1 cup warm filtered water
- 1 Tbsp vanilla extract
- Optional: Additional dark chocolate chips to sprinkle on top

1. Preheat the oven to 350°. Lightly grease a 9x9-inch baking dish with coconut oil. In a small bowl, combine the coconut flour, baking powder and salt. Set aside. Cut the butter into chunks. Then, place the butter chunks and coconut oil into a small saucepan and melt over medium heat. Add the cocoa powder and chocolate chips; stir until the chocolate chips begin to soften. Remove from heat and continue stirring until chocolate is melted and the mixture is well combined. Set aside to cool.
2. In a large bowl, add the eggs, maple syrup, warm water and vanilla. Whisk together until well combined. Then whisk in the cooled chocolate-butter mixture, using a rubber spatula to get all of the mixture out of the saucepan.
3. Next, slowly add the dry ingredients to the wet while whisking vigorously. Continue whisking until no lumps remain. Pour the batter into the prepared baking dish and sprinkle top with an additional ¼ cup of chocolate chips, if desired.
4. Bake for approximately 30-35 minutes until a toothpick inserted into the center comes out clean. Remove from oven and allow to cool completely in the baking dish (at least two hours).