



Humana
Neighborhood Center

Amazing Brownies

Serves 6-8

Ingredients:

- 3 Very Ripe Bananas
- 3 eggs (beaten)
- ½ cup honey
- 1 tsp vanilla
- 1 tsp baking powder
- 3 tbsp coco powder
- 1 cup oatmeal flour (or 1 cup oatmeal ground in the food processor or blender)
- ½ cup of dark chocolate crumbled
- 2 tbsp ground flax seeds
- 2 tbsp ground nuts (pecans, walnuts, of choice)

How to prep:

1. In a medium mixing bowl mix eggs, then add honey, vanilla and stir well.
2. Add the coco and baking powder, mix well.
3. Add ripe bananas and mash until creamy.
4. Add oat flour, chocolate pieces, and nuts and mix well.
5. Place brownie mixture in a non-stick sprayed 9x12 baking pan.
6. Cook in a preheated oven of 350 degrees for 25 minutes or to your degree on crispiness.

