

Vegan Keto Brownies

Ingredients

- 1/4 cup ground flaxseed meal
- 1/2 cup almond butter
- 10 dates (seedless)
- 1 cup water
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 3/4 cups cacao or cocoa powder (We recommend Navita's Organic Cacao Powder)
- 1 cup almond flour (make sure it is almond flour, not almond meal)
- 2 teaspoons baking powder (You may use 1 tsp but I like 2 tsp)
- 1/3 cup chocolate chips (vegan, semi-sweet)
- 1/3 cup chopped walnuts

Instructions

1. Preheat the oven to 350 degrees Fahrenheit. Grease or line with baking paper an 8-inch by 8-inch square baking pan and set aside.
2. In a small pan, heat the 1 cup of water and when it starts boiling add the dates, turn off the heat, cover with a lid, and let it rest for 10 minutes.

***Do not discard the water, we will use it later to make flaxseed eggs.**

3. In a small food processor add the soaked dates and about ¼ cup of the water where the dates were soaked, and process until the dates are converted into a paste. Do not discard the rest of the water. You would have

about $\frac{3}{4}$ cup of warm water remaining from the date soaking method.

4. In a small bowl, mix the ground flaxseed meal and the rest of the water where the dates were soaked. Set it aside for about 5-10 mins until it turns into gel.
5. In a medium bowl, start mixing the salt, almond flour, baking powder, cocoa powder and stir to combine. Add the almond butter, vanilla extract, and the flax eggs (flaxseed meal and water mixture) and mix until everything is combined.
6. The mix will be thick, but you should be able to mix it with your mixing spoon. If it is too hard, add a little bit of water about 1 tablespoon at a time. Add your favorite add ins such as walnuts and chocolate chips and mix very well. Leave about 1-2 tbsp of each topping (chocolate chips and walnuts if you are using these) to sprinkle on the top.
7. Transfer the brownie batter to the greased pan (8x8 in), smooth the top, and sprinkle chocolate chips and walnuts last.
8. Bake in the preheated oven for 25-30 minutes, or until the sides are coming away from the pan, or until you insert a toothpick, and it comes out clean. The center might appear not fully cooked, but this is okay. It will continue setting as it cools down.
9. Let the brownies cool down for about one hour and then slice as you please. Enjoy with your favorite milk or coffee or by themselves! They taste amazing in any way.

If you like your brownies extra fudgy and frosted, top them off with this delicious [vegan Nutella](#).

Note

Substitutions

- **Almond butter:** can be substituted by any nut or seed butter such as

peanut butter or cashew butter. We have not tried it with seed butters yet.

- **Dates:** substitute using 1/2 to 1 cup coconut sugar, erythritol, maple syrup, or any sugar or sweetener that you like.
- Chocolate chips and walnuts are optional

Additional add ins

- Coconut, pecans, raisins, or anything you like in your brownies. Use 1/4 to 1/3 cup each.

Keywords: brownies, chocolate, vegan, keto

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