



Zucchini brownies

10'

Hands on

30''

Hands off

55'

Cook Time

8-10

Portion(s)

2

Difficulty



Method

For the brownies

- Preheat oven to 180* C (350* F) Fan.
- Grease a 20x30 cm [baking pan](#) with butter and dust with flour.
- In a [bowl](#), add the grated zucchini, sugar, [apple sauce](#), eggs and vanilla. Mix with a wooden spoon until all of the ingredients are completely combined.
- In another bowl, combine the remaining ingredients along with the 150 g of chocolate drops and add to the zucchini mixture. Mix until the ingredients are completely incorporated.
- Transfer to baking pan and bake for 50-55 minutes.
- When ready, remove from oven and allow to cool for 20-30 minutes on a wire rack.

For the frosting

- Beat the peanut butter, heavy cream and icing sugar in a mixer for 3-5 minutes using the whisk attachment, until light and fluffy.
- Spread the frosting over the brownies and sprinkle with chocolate drops and coconut.
- Cut into pieces and serve.

Ingredients

For brownies

- 300 g grated zucchini, strained
- 200 g brown sugar
- 350 g [apple sauce](#)
- 2 eggs
- 2 teaspoons vanilla extract
- 70 g oats
- 100 g cocoa powder
- 2 teaspoons baking soda
- 1 ½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- salt
- 150 g chocolate drops

For frosting

- 200 g peanut butter
- 200 g vegetable heavy cream, chilled
- 1 tablespoons icing sugar

To serve

- 50 g chocolate drops
- coconut

Διατροφικός πίνακας

Nutrition information per portion

428 Calories (kcal)	22.0 Total Fat (g)	7.4 Saturated Fat (g)	43.0 Total Carbs (g)
21%	31%	37%	17%
35.0 Sugars (g)	12.0 Protein (g)	6.5 Fibre (g)	1.3 Sodium (g)
39%	24%	26%	22%