

Death by Chocolate Brownies

Dairy-Free Dishes

Source: www.deliciousobsessions.com/2015/05/



SERVES:

9



PREP TIME:

5 MINS



COOKING TIME:

30 MINS

Dairy can cause some nasty symptoms for people who are lactose intolerant or have a sensitivity to casein or whey. Treating yourself to dairy-free dishes will allow you to enjoy food symptom free.

INSTRUCTIONS

1. Preheat oven to 355 and grease a 9x9 inch baking dish.
2. Place everything in blender except baking soda and puree until smooth.
3. Pulse in baking soda and spread batter into prepared dish.
4. Bake for 25-30 minutes, or until knife comes out clean.
5. Let cool for about 10 minutes before removing.

INGREDIENTS

- 1 cup mashed banana (about 2)
- 2 eggs
- 2 teaspoon vanilla extract
- 2 tablespoon coconut milk or coconut water
- 1/2 cup dairy-free chocolate chips or cocoa nibs
- 1 cup cocoa powder
- 1/4 cup honey
- 1/2 teaspoon baking soda