

Flax4Life Copycat Brownies

Shopping List

- 6 tablespoons (45g) ground flax meal
 - 3 tablespoons (12g) unsweetened cocoa powder
 - 2 tablespoons (15g) tapioca starch
 - 1/2 teaspoon baking powder
 - 1/8 teaspoon salt
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 - 1 whole egg
 - 3 tablespoons walnut oil
 - 2 Tbsp Barbados molasses
 - 1 tsp vanilla
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Instructions

1. **Step 1:** Preheat the oven to 350°F. Lightly grease a mini-muffin pan, or use a [silicon mini-muffin pan](#).
2. **Step 2:** Blend the dry ingredients; In mixing bowl whisk egg; then whisk in oil, molasses and vanilla. Stir in dry ingredients and mix gently until just combined and no large lumps remain. Transfer the batter to the pan with a spoon (or try pouring from 1 qt measuring cup), filling each muffin tin about 3/4 of the way to the top (about 1 tablespoon per tin).
3. **Step 3:** Bake for 20 minutes, or until firm to the touch. Cool on a wire rack at least 15 minutes before handling.
4. **Serve:** Enjoy. Freezes well.

Results:

Next Time: