

Flax4Life Copycat Brownies

Shopping List

- 7 tablespoons ground flax meal
 - 6 tablespoons cane sugar 2 Tbsp Barbados molasses
 - 1 whole egg white (use fresh, not from carton)
 - 3 tablespoons mini chocolate chips
 - 3 tablespoons grapeseed or safflower oil walnut oil
 - 2 tablespoons unsweetened cocoa powder
 - 2 tablespoons tapioca starch
 - 1 tablespoon cold water
 - 1 teaspoon vanilla extract
 - 1/2 teaspoon baking powder
 - 1/8 teaspoon salt
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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:** Combine all ingredients in a mixing bowl and stir until just combined and no large lumps remain. Transfer the batter to the pan with a spoon, filling each muffin tin about 3/4 of the way to the top (about 1 tablespoon per tin).
3. **Step 3:** Bake for 15 minutes, or until firm to the touch. Cool on a wire rack at least 15 minutes before handling.
4. **Serve:** Enjoy. Freezes well.