

# Healthy Home Cooking: Easy Gluten-free Brownie Bites (satisfy that sweet tooth!)

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*Here at Sassy Mama, we don't believe in extreme diets. The secret to good nutrition is all about keeping a healthy balance and portion control! There are plenty of ways to eat the foods you crave whilst staying healthy (and that you feel comfortable feeding to your munchkins too!) so we've enlisted the help of health and wellness expert, Nealy Fischer of [MAYYA Movement](#) to share her home recipes that are both good and good for you (and the kids).*

Can brownies be healthy? It all boils down to balance. Research clearly demonstrates that when we deprive ourselves of too many delicious goodies we have a greater chance of rebounding and binging. I live based on the 90:10 rule. Eat clean, fresh foods 90 percent of the time and splurge on the other 10 percent. That pretty much means choose two meals a week to indulge in. At MAYYA Movement I am all about promoting clean, balanced living with the occasional treat, because what's life without a little chocolate?

My ideal brownie is moist and fudgy and just the right size to hit the spot without being too heavy. These brownies are perfect for this purpose and are great for entertaining. Just be careful not to eat the whole batch!

## **Gluten-free Brownie Bites**

### **Ingredients:**

- 1 ½ cups good quality chocolate
- ½ cup coconut oil
- 3 eggs
- ½ cup coconut sugar
- 2 tsp vanilla
- ½ cup almonds, finely ground
- ¼ cup rice flour
- ¼ tsp baking soda
- Pinch of salt

### **Directions:**

1. Preheat oven to 180 degrees. Prepare mini muffin tins and spray with cooking oil to coat. Set aside.
2. In a double boiler, melt chocolate and coconut oil.
3. In a separate bowl, whisk eggs, agave and vanilla. Slowly add melted chocolate, while constantly whisking, to avoid scrambling the eggs.
4. Add almonds, flour, baking soda and salt and mix well.
5. Fill muffin tins ¾ of the way full and bake in the oven for about 15 minutes, until set in centre.

### **Nealy's Tips:**

- Do not over bake.
- Bake in mini muffin tins for ease of presentation and portion control. If you prefer, this recipe can be baked in a square pan and cut into squares (but you will need to bake it for longer to accommodate!).
- Make an extra batch and freeze. Brownies will keep two months frozen.
- To serve, glaze with chocolate ganache (see below!).

## **Chocolate Ganache**

### **Ingredients:**

- 1 bag good quality chocolate chips
- ½ cup canned coconut milk

### **Directions:**

1. Place coconut in a small saucepan and bring to a gentle boil. Lower heat.

2. Add chocolate chips and blend until smooth.
3. Cool and ice brownies.

*Please note that this recipe is copyrighted for Nealy's upcoming cookbook!*

# Nealy



## Nealy



Nealy Fischer is a leader in the health and wellness industry, having led yoga and fitness programs all around the world for the past 18 years. She is the founder of MAYYA Movement, which aims to promote health and wellness solutions for women living in Asia. Head to the Facebook page [here](#).