



## High-Protein Vegan Brownies

I'd never imagined making brownies with a tofu base, but this recipe shows that it can be delicious, high-protein and low-fat. The ingredients are very simple and the texture duplicates traditional brownies perfectly. They're sweet, tasty and highly addictive!

### Ingredients

- 1 cup firm tofu
- 1/2 cup no-sugar-added apple sauce
- 1/4 cup soy milk
- 1 cup spelt flour
- 1/2 cup stevia sugar
- 1/2 cup cocoa powder
- 1/2 tsp salt
- 1 tbsp baking powder

### Preparation Process

Add the tofu, apple sauce and soy milk to a blender and blend until smooth

In a large bowl, mix the flour, baking powder, stevia, cocoa powder and salt.

Add the tofu mixture to the dry ingredients until it forms a sticky dough

Line a baking tray with parchment paper and bake at 350 degrees for 25-30 minutes. Remove from oven and let cool

Cut into the brownie shape of your choice and serve.

If you want to watch the video again. Click [here](#).