

# Flourless Pumpkin Brownies

## (Allergy Friendly)

Try these tasty allergy friendly brownies! They're nut free, dairy free, gluten free, and soy free.

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Prep time: 5 mins

Cook time: 25 mins

Total time: 30 mins

Serves: 16

Ingredients

- 1 cup SunButter
- 1 cup Pumpkin Puree
- 2/3 cup cocoa powder or cacao
- 1/2 cup coconut sugar
- 2 tbsp maple syrup
- 2 tsp vanilla extract
- 1 tsp pumpkin pie spice
- 1/2 cup chocolate chips\*\*

Instructions

1. Preheat your oven to 350 degrees. Line an 8x8 pan with parchment paper and spray with non-stick spray. Set aside.
2. Using a blender, mix together SunButter, pumpkin, cocoa powder, coconut sugar, syrup, vanilla extract, and pumpkin pie spice. Continue to blend until smooth and well incorporated. You may need to stop blender a few times and use a rubber spatula to scrape down the sides. Batter will be thick.
3. Spoon out batter, and smooth evenly throughout the pan. Sprinkle with chocolate chips on top.
4. Bake for 25-30 minutes, or until toothpick comes out clean. Remove from oven and let cool completely. Cut into 16 squares.
5. Can be stored at room temperature for up to 1 week.

Notes

\*\*For a Paleo and Vegan option, use a dairy-free chocolate chip brand (or omit)

\*\*Add stevia in batter to taste for a little sweeter brownie