



✂ Snack ⏱ 55 min

## Vegan Chiquita organic banana brownies with pecans

A homemade, vegan brownie with pecans recipe is one that you definitely need in your kitchen! Cooked with organic Chiquita bananas.

1

Preheat the oven to 320°F.

2

Mash the Chiquita bananas with a fork.

3

Blend the Chiquita bananas with the coconut milk and coconut oil, maple syrup, almond milk and pandan paste on medium high speed for approx. 2 minutes.

4

Mix in another bowl the almond and rice flour, buckwheat

### INGREDIENTS FOR 2 PERSONS

- 2 overripe Chiquita bananas
- 1 cup coconut milk
- 2 tbsp almond milk
- 1/3 cup coconut oil
- 1 almond flour
- 1/2 cup maple syrup
- 3/4 cup buckwheat flour
- 1/2 cup rice flour
- 3 tbsp pandan paste
- 1 tbsp coconut palm sugar
- 1/4 cup potato starch
- 1 tsp baking soda
- 1/2 cup coconut flakes
- Chiquita banana pieces + mint

### NUTRITIONAL VALUES PER PERSON

- 362 Calories
- 22,5g Fat
- 12,7g Saturates
- 34,1g Carbohydrate
- 15,1g Sugars
- 2,9g Fiber
- 5g Protein
- 0,2g Salt

flour, potato starch, baking powder and the coconut palm sugar.

5

Pour the blend into the dry ingredients bowl. Use a (wooden) spoon and mix until you get a thick and smooth batter.

6

Cover the cake tin with some butter and flour or parchment paper. After that, do place the batter into the cake tin. Bake for approx. 30 minutes and let the cake cool down.

7

Bake the coconut flakes for approximately 5 minutes on low heat.

8

Brush the top of the bread with maple syrup and sprinkle it with the coconut grater.

9

If you like, you can add mint and Chiquita banana pieces on top of it.