

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes

Brownies

Recipe makes: 16 brownies

Prep time: 10 minutes

Cooking time: 30 minutes

Nutrition info
per serving

1 brownie

Calories	98
Carbohydrate	10 g
Protein	4 g
Fat	5 g
Total Sugars	2.1 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

Brownies

Ingredients:

- 15 oz (425 g) can black beans, rinsed well and drained
- 2 large eggs (100 g), room temperature
- ½ (68 g) large, ripe avocado
- ⅔ cup (53.3 g) cocoa powder, unsweetened
- 1 Tbsp (13.6 g) melted coconut oil
- ½ tsp (2.3 g) baking powder
- ¼ tsp (1.2 g) baking soda
- ¼ tsp (1.5 g) salt
- 1 tsp (4.3 g) vanilla extract
- ½ cup (113.4 g) of erythritol or other artificial sweetener for baking that is equivalent in sweetness to ½ cup sugar
- ½ cup (58.5 g) chopped walnuts

Directions:

1. Preheat oven to 350°F.
2. Add all ingredients except for the walnuts into a food processor and blend until completely smooth.
3. Stir in the walnuts.
4. Pour batter into a lined and lightly greased 8x8 inch pan.
5. Bake in preheated oven for 30 minutes or until a knife inserted into the center of the brownies comes out clean.
6. Cool on cooling rack.
7. Cut into 16 brownies.

Chef's tip: *Top with sugar-free chocolate chips before baking!*



Innovation in Nutrition

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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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