



Flourless Sweet Plantain Brownie with Caramel Sauce & Sea Salt

Ingredients

- 2 ripe plantains, peeled and quartered
- 2 eggs
- ¼ cup canola oil
- ¼ cup raw honey
- ¼ cup unsweetened cocoa powder
- 1 tsp. baking soda
- 2 tsp. vanilla extract
- 1 tsp. cinnamon
- ½ tsp. sea salt
- 1 cup chocolate chips
- Quality flaky sea salt, to top

- Caramel Sauce
- ½ cup raw honey
- ½ cup heavy cream
- 1½ tbsp. grass fed butter
- ½ tsp. sea salt

Instructions

1. Preheat your oven to 350 degrees.
2. Grease an oven safe skillet or brownie pan with canola oil and set aside.
3. Combine all of the brownie ingredients except for the chocolate chips into your food processor.
4. Process until your batter is smooth.
5. Add in your chocolate chips and pulse a few times until they are combined into the batter. You don't want to process them too much. You want them to still be in tact as chocolate chips.
6. Pour your batter into your greased skillet and allow to bake in the oven for 30 minutes.
7. While your brownie is baking, start on your caramel sauce.
8. Put honey into a pot and bring to a gentle boil. Allow it to simmer over the stove for 5-7 minutes, or until the color of the honey turns into a dark amber.
9. Stir occasionally, assuring that it cooks evenly. The color change in the honey shows you that the sugar in the honey is caramelizing.
10. After your honey has changed color, remove it from heat and whisk in your butter, heavy cream and salt until everything is combined.
11. Return your sauce to the stove and cook over a low heat for 15 minutes. Your sauce will begin to thicken. It will thicken up even further as it begins to cool. If this doesn't happen, return it to the heat and allow it to cook a bit more. The longer you cook it, the thicker and stickier it will become. Allow the sauce to cool slightly.
12. Once your brownies are done, allow them to cool slightly.
13. Pour your warm caramel sauce over the top of your brownies.
14. Sprinkle the top with a pinch of good quality flaky sea salt.
15. Slice and serve.