



**Makes 18 brownie bites**  
**Preparation Time: 15 minutes**  
**Cook Time: 10 minutes**

#### INGREDIENTS:

2 tablespoons flaxseed meal  
½ cup unsweetened applesauce  
¼ cup pure maple syrup  
2 teaspoons lemon juice  
1 teaspoon pure vanilla extract  
½ teaspoon pure almond extract  
2½ cups spelt flour  
2 tablespoons unsweetened cocoa powder  
½ teaspoon baking soda  
¼ teaspoon sea salt  
3 tablespoon vegan mini chocolate chips  
1¼ cups fresh raspberries (or frozen)

## Chocolate Raspberry Brownie Bites

When you get tapped to bring a dessert to a [cookout](#) or [potluck](#), these raspberry brownie bites are ideal, pairing jammy fresh fruit with gooey chocolate to create a mouthwatering munchie that's ready in less than 30 minutes. Cocoa powder and mini chocolate chips add decadent chocolate flavor (feel free to omit the chocolate chips, if you like). Almond and vanilla essences lend a subtle richness, and applesauce and maple syrup keep things just sweet enough. Drop spoonfuls of the mix into the cups of a standard muffin pan and flatten for bite-sized portions. You can also use a silicone mini muffin pan (no need to flatten), or skip the muffin pan, shape the dough into balls, and flatten on a parchment-lined baking pan. Happy munching!

For more inspiration, check out these tasty ideas:

- [Raspberry Chocolate Cake](#)
- [Dreamy Zucchini Breakfast Cookies](#)
- [Vegan Strawberry Blondies](#)
- [Key Lime Oat Bites](#)

By Nancy Macklin, RDN

- 1 Preheat oven to 350°F. In a large bowl combine flaxseed meal and ¼ cup water. Let stand 5 minutes. Stir in the next five ingredients (through almond extract).
- 2 In a medium bowl stir together spelt flour, cocoa powder, baking soda, and salt. Add to applesauce mixture; stir just until combined. If you like, reserve 1 tablespoon mini chocolate chips to sprinkle on top. Stir in remaining chips. Fold in raspberries.
- 3 Drop dough from a rounded tablespoon measure into bottoms of 2½-inch silicone muffin cups. Press dough flat with fingers to create a smooth top. Sprinkle with reserved chocolate chips (if using). Bake 9 to 12 minutes or until set. Cool on a wire rack before removing from cups. Store in an airtight container at room temperature up to 3 days or freeze up to 3 months.