



Makes 8 brookies
Preparation Time: 20 minutes
Cook Time: 1 hours 35 minutes

INGREDIENTS:

2 medium sweet potatoes,
unpeeled (1 lb. total)

1¾ cups oat flour

¼ cup unsweetened cocoa
powder

5 tablespoons pure maple syrup

2 teaspoons baking powder

2 teaspoons pure vanilla extract

¼ teaspoon sea salt

1 ripe banana, peeled and cut up

6 pitted Medjool dates

1 15-oz. can no-salt-added
chickpeas, rinsed and drained
(1½ cups)

¼ cup peanut butter powder,
such as PB2 Pure

½ cup vegan chocolate chips
(optional)

Vegan Brookies

“If, on the one hand, you fancy a brownie, but on the other, you crave a cookie, put those hands together,” writes social media sensation Ami Deane, aka [@Broccoli_Mum](#), the who created the recipe for these wholesome Vegan Brookies. Naturally sweetened with dates, banana, and maple syrup, this is the kind of low-fat plant-based recipe that helped Deane lose 60 pounds without feeling like she was missing out. [Chickpeas](#) give the cookie topping heft and chewiness, while sweet potato and cocoa powder create a rich brownie base. Make a double batch—these babies won’t last long.

For more great nutrient-dense, low-calorie recipes from the Broccoli Mum, check out the [Spring 2025 issue](#) of *Forks Over Knives* magazine, out now!

Gluten-free version: To make these gluten-free, use certified gluten-free oat flour and chocolate chips.

By Ami Deane

- 1 For brownie layer, preheat oven to 425°F. Line a baking sheet with parchment paper. Pierce the sweet potatoes a few times with a fork and place them on the prepared baking sheet. Bake 50 minutes or until very soft and squishy. When cool enough to handle, peel and discard the skins. Place the sweet potato pulp in a medium bowl; mash with a potato masher until smooth. You should have about 1¾ cups. Reduce oven temperature to 350°F.
- 2 Add ¾ cup of the oat flour, the cocoa powder, 3 tablespoons of the maple syrup, 1 teaspoon of the baking powder, 1 teaspoon of the vanilla, and ¼ teaspoon salt to bowl with sweet potatoes; mix well.
- 3 For cookie layer, in a food processor combine banana and dates. Process until nearly smooth. Add chickpeas, peanut butter powder, and the remaining ½ cup oat flour, 2 tablespoons maple syrup, 1 teaspoon baking powder, 1 teaspoon vanilla, and ¼ teaspoon salt. Process just until a dough forms. Stir in chocolate chips (if using).
- 4 Line an 8-inch square baking pan with parchment paper. Spread the brownie batter evenly in the prepared pan. Drop the cookie dough by spoonfuls on top and smooth it out to an even layer.
- 5 Bake 45 minutes. Cool 1 hour on a wire rack. Using the parchment paper, lift brookies from pan and transfer to a wire rack. Remove parchment paper. Cool completely before cutting into eight squares. Store in an airtight container up to 5 days.