

Helergon Kitchen

Healthy No-Bake Brookie Fudge

20 min Prep time	**20 min** Total time	**24** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

The Cookie Base

- [ ] 1 cup rolled oats, 90 g
- [ ] 1/2 cup unsweetened applesauce, 125 ml
- [ ] 2 tbsp chia seeds, 30 g
- [ ] 1/4 tsp ground cinnamon
- [ ] Pinch of sea salt
- [ ] 2 tsp vanilla extract

The Fudge Layer

- [ ] 1 cup dark chocolate chips, 70% cacao, 180 g
- [ ] 1/2 cup coconut oil, shredded, 120 ml
- [ ] 1/4 cup honey or maple syrup, 60 ml
- [ ] 2 tbsp ground flaxseed, 14 g
- [ ] 1 tsp instant coffee or espresso powder, optional for depth

Optional Garnish

- [ ] 1/4 cup crushed nuts for topping

Instructions

1. Start by lining your 8x8-inch baking pan with parchment paper. Just set it aside for now; it makes cleanup so much easier later.

2. In a large mixing bowl, stir together the rolled oats, unsweetened applesauce, chia seeds, ground cinnamon, sea salt, and vanilla extract. You want to mix it until it feels evenly moist and just sticky enough to hold together. Honestly, it's quite a comforting little mixture.

3. Press the oat mixture firmly and evenly into your prepared pan. I usually just use the back of a spatula or my hand to smooth the top. Now, let it take a little nap in the refrigerator for at least 30 minutes to firm up.

4. While that base is setting, grab a small saucepan and melt the dark chocolate chips and shredded coconut oil over low heat. Keep stirring constantly—you don't want the chocolate to scorch—until everything is fully liquefied and smooth.

5. Take the pan off the heat. Now, stir in your honey or maple syrup, ground flaxseed, and that teaspoon of instant coffee if you're using it. Keep mixing until the fudge layer looks glossy and everything is well incorporated. Wow, the smell is just wonderful at this point.

6. Let the chocolate mixture cool for a couple of minutes—just enough so it thickens slightly—then carefully pour it over your chilled oat base. Spread it evenly with your spatula.

7. Pop the pan back into the refrigerator. It needs a bit of patience here; let it chill for at least 4 hours, or even overnight, until the fudge is fully set and firm.

8. Lift the finished brookie out of the pan using the parchment paper. Place it on a cutting board and use a clean knife to cut it into 24 equal squares.

9. Arrange your squares on a platter. If you're feeling fancy, you can dust them with cocoa powder or sprinkle those crushed nuts on top for a bit of a crunch.

10. Serve them chilled. Yeah, they are best when cold! Any leftovers can be kept in the fridge or freezer.

Nutrition per serving

145 kcal	3 g	14 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- The chia seeds and flaxseed add a lovely nutritional boost without changing the flavor much.
- Using 70% cacao chocolate gives that rich, dark profile that balances the honey perfectly.
- The applesauce is a wonderful way to keep the base moist without using heavy butter.