



Low Carb Cast Iron Skillet Brownies

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 12

Nutrition Information Per Serving

153.8 calories, 14.74 g carbohydrate, 1.33 g fiber, 8.08 g NET carbs, 3.19 g protein, 11.75 g fat

Ingredients

- 1 package Wellness Bakeries Blissful Brownie Mix
- 1/2 tsp(s) Maldon Smoked Sea Salt Flakes
- 1 large pastured egg
- 4 Tbsp(s) virgin coconut oil
- 1 tsp vanilla extract

Preparation

1. Preheat the oven to 350 F. Grease an 8 inch cast iron pan (or four 5-inch cast iron pans).
2. Add Better Brownies Mix to a blender or food processor and pulse to a uniform consistency.
3. Stir in the melted butter or oil, egg and vanilla, stirring well with a wooden spoon until thick and glossy.
4. Pour batter into greased cast iron pan or pans.
5. Bake 14-16 minutes or until edges just start to pull away (cast iron will cause brownies to cook faster, so watch them!)
6. Remove from oven. If using individual mini pans, eat warm (preferably with a little high quality vanilla ice cream). If using the large pan, let cool for easy removal.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.