



## Low Carb Salted Caramel Brownies

Active Time: 20 minutes | Total Time: 1 hour | Serves: 16

### Nutrition Information Per Serving

169.6 calories, 14.5 g carbohydrate, 1 g fiber, 6.12 g NET carbs, 2.9 g protein, 14.61 g fat

#### Ingredients

- 6 Tbsp(s) Keto Sweet
- 1 package Wellness Bakeries Blissful Brownie Mix
- 1/2 tsp(s) Maldon Smoked Sea Salt Flakes
- 1 Tbsp organic heavy cream
- 2 large(s) pastured egg
- 1 1/2 tsp(s) vanilla extract
- 12 Tbsp(s) grass-fed butter (unsalted), melted

#### Preparation

1. Preheat the oven to 350 F. Grease an 8x8 pan or line with unbleached parchment paper.
2. Add Blissful Brownies Mix to a blender or food processor and pulse to a uniform consistency.
3. Stir in 6 Tbsp. of the melted butter, eggs and vanilla, stirring well with a wooden spoon. Transfer to the preheated oven and bake 21-23 minutes or just until edges begin to pull away from sides.
4. While brownies bake, make the caramel. In a medium saucepan, add the remaining butter and melt over low heat. Whisk in the Keto Sweet and cream and increase the heat to medium. Bring caramel to bubbling (212 degrees F), stirring at that temperature for 1 minute.
5. Remove from heat. (NOTE: Caramel will begin to solidify when removed from heat – you will want it to be a thick pourable consistency for the next step. If needed, briefly reheat over low).
6. Remove baked brownies from pan and place on a plate. Spread caramel over the top of the brownies, letting some drip down the sides. Let set slightly (caramel should be sticky, but not too liquid), then sprinkle with Maldon.
7. To store, either wrap entire caramel-topped brownie in cellophane or chill brownie, cut into squares and wrap individually.

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