



Almond Butter Brownies

Active Time: 15 minutes | Total Time: 40 minutes | Serves: 9

Nutrition Information Per Serving

212.2 calories, 17.93 g carbohydrate, 5.63 g fiber, 6.97 g NET carbs, 7.44 g protein, 16.22 g fat

Ingredients

- 3 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 16 Tbsp(s) Maranatha Natural Almond Butter-No Salt (Creamy)
- 2 Tbsp(s) Enjoy Life Dark Chocolate Morsels
- 60 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 Tbsp(s) Navitas Naturals Organic Palm Sugar
- 4 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1/4 cup(s) cocoa powder
- 1/4 tsp(s) sea salt
- 1 tsp organic vanilla extract
- 1 tsp grass-fed gelatin
- 1/2 tsp(s) baking powder
- 10 Tbsp(s) purified water
- 1/2 tsp(s) baking soda

Preparation

1. Preheat oven to 325 F. Line the bottom of an 8-by-8 pan with unbleached parchment paper.
2. In a medium bowl, combine the coconut flour, coconut sugar, erythritol, cocoa powder, baking powder, baking soda and salt.
3. In a small bowl, add the water and sprinkle over the gelatin. Let stand 5 minutes. Add almond butter (or "nut" butter of choice), vanilla, stevia and melted chocolate. Mix well using a hand-held mixer.
4. Pour in the dry ingredients and mix well to combine.
5. Spread brownie batter into prepared pan.
6. Transfer to oven and bake 30-35 minutes or until edges pull away and center is set. If you like your brownies fudgy and moist inside, remove when center is still "smooshy"; at about 30 minutes.
7. Place on a wire rack to cool completely, then slice into squares.

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