



Easy Fudge Brownies (AIP)

Active Time: 10 minutes | Total Time: 40 minutes | Serves: 12

Nutrition Information Per Serving

152.8 calories, 14 g carbohydrate, 3.95 g fiber, 10.05 g NET carbs, 0.48 g protein, 11.16 g fat

Ingredients

- 7 Tbsp(s) Let's Do Organic Creamed Coconut
- 1/4 cup(s) organic carob powder
- 2 Tbsp(s) coconut flour
- 1/4 tsp(s) sea salt
- 1 tsp organic vanilla extract
- 2 tsp(s) pastured gelatin
- 1/3 cup(s) honey
- 10 Tbsp(s) filtered water
- 1/2 tsp(s) cream of tartar
- 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. Warm the creamed coconut in a bowl of warm water.
2. In a medium bowl, combine the coconut flour, honey, carob powder, cream of tartar, baking soda and salt.
3. In a small bowl, add the water and sprinkle over the gelatin. Let stand 5 minutes. Add creamed coconut and vanilla. Pour into a high powered blender.
4. Add dry ingredients and mix well on high speed until smooth and creamy.
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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