



Keto Almond Butter Brownies

Active Time: 20 minutes | Total Time: 1 hour | Serves: 9

Nutrition Information Per Serving

202.1 calories, 17.29 g carbohydrate, 5.57 g fiber, 3.05 g NET carbs, 7.24 g protein, 17.73 g fat

Ingredients

- 6 Tbsp(s) Wholesome Sweeteners Organic Zero
- 1 tsp SweetLeaf Stevia Extract
- 1/4 tsp(s) Real Salt
- 1 ounce Lily's Dark Chocolate Chips
- 16 Tbsp(s) Maranatha Organic Raw Almond Butter-No Salt (Creamy)
- 3 Tbsp(s) coconut flour, sifted
- 1 tsp organic vanilla extract
- 1/2 tsp(s) baking powder
- 1/2 tsp(s) baking soda
- 10 Tbsp(s) water
- 1 tsp grass-fed gelatin
- 1/4 cup(s) cocoa powder

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, 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, 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. Top with chocolate chips and walnuts, if using.
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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