



Low-Carb Cast Iron Skillet Brownies

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

Nutrition Information Per Serving

180.4 calories, 14.79 g carbohydrate, 1.33 g fiber, 8.13 g NET carbs, 3.72 g protein, 14.5 g fat

Ingredients

- 1 package Wellness Bakeries Blissful Brownie Mix
- 2 large(s) pastured eggs
- 6 Tbsp(s) virgin coconut oil, melted
- 1 1/2 tsp(s) 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 Blissful Brownies Mix to a blender or food processor and pulse to a uniform consistency.
3. Stir in the melted coconut oil, eggs and vanilla, stirring well with a wooden spoon until batter is 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.

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