



Instant Pot Keto Brownie Bombs

Active Time: 10 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

148.3 calories, 19.11 g carbohydrate, 5.16 g fiber, 2.95 g NET carbs, 4.77 g protein, 12.62 g fat

Ingredients

- 4 Tbsp(s) Lakanto Original
- 2 Tbsp(s) butter
- 3 ounce(s) Lily's Chocolate Chips
- 2 Tbsp(s) coconut flour
- 3 Tbsp(s) cocoa powder
- 3 large(s) eggs
- 1 tsp vanilla extract

Preparation

1. Grease a silicone egg mold. In the inner liner of your Instant Pot, add one cup of water and the trivet.
2. In a small glass bowl, add the butter and baking chips. Microwave for 30 seconds, then stir to combine, ensuring fully melted.
3. In a mixing bowl, blend together the eggs, sweetener and vanilla with a hand mixer until frothy. Add the cocoa powder and coconut flour and mix until smooth.
4. Slowly beat in the melted butter-chocolate mixture.
5. Pour the batter into the prepared pan and cover with a lid or foil. Transfer the pan to the trivet in the Instant Pot.
6. Close and lock the lid. Set the valve to sealing. Set the pressure to HIGH and the time for 8 minutes.
7. When finished, perform a quick release by carefully pushing the release valve to the venting position.
8. Carefully remove the mold from the Instant Pot. Unmold the brownie bombs and serve immediately for a molten center.

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