

Keto Brownies

Makes 16 brownies

10 tablespoons (142 grams) unsalted butter
2 oz. (40 grams) unsweetened dark chocolate
1 teaspoon (4 grams) vanilla extract
3 eggs at room temperature
1/2 cup (48 grams) almond flour
1/4 cup (25 grams) unsweetened, dark cocoa powder
3/4 cup sweetener (150 grams) - I use Monkfruit from Lakanto
1 tablespoon (6 grams) instant espresso powder
1/2 teaspoon (2 grams) baking powder
1/4 teaspoon (1.5 grams) salt

Heat your oven to 350F (175 C).

Line an 8x8 pan with two pieces of parchment paper, overlapping on the sides. Spray with some spray oil or oil lightly.

Melt the butter and dark chocolate in a bowl in the microwave or in a double boiler. If using the microwave, do it in 30 second increments and mix. Stir until the chocolate is completely melted and let it cool down.

Add the vanilla and the eggs into the melted chocolate and mix well.

Place the almond flour, cocoa powder, sweetener, espresso, baking powder and salt into a bowl. Mix well.

Add the wet ingredients to the dry ones and mix until incorporated. Do not over beat.

Pour the batter into the pan and spread out evenly with a spatula. Place in the oven and bake for 18 to 20 minutes. Check at 18 minutes and if a toothpick comes out clean. If it is not ready bake for another 2 minutes.

Remove the pan from the oven and place on a cooling rack. Allow the brownies to cool completely and cut into 16 equal size squares. Enjoy!

Store the brownies in a closed container in the fridge.

Calories 119.880 kcal, Fat, Total 11.927 g, Saturated Fat 6.118 g, Sugar, Total 0.219 g, Total Carbohydrate 2.476 g, Fiber 1.35 g, Protein 2.861 g, Cholesterol 50.939 mg, Trans Fatty Acid 0.000 g, Sodium 64.912 mg,

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