

KETO CHOCOLATE BROWNIES

Yield 16 squares

INGREDIENTS

For the Brownies

100g 85% dark chocolate
125g coconut oil
3 large eggs
120g erythritol or xylitol
100g almond flour
45g plus 1 tablespoon cocoa powder
30g chia seeds or a 1/4 cup ground chia seeds
1/2 teaspoon baking soda
1 teaspoon cream of tartar

For the Chocolate Layer

100g 85% dark chocolate
2 tablespoons coconut oil
60 ml cream

DIRECTIONS

Preheat the oven to 170 C and position the rack to the middle. Spray a square (20x20 cm) brownie pan with baking spray (I like to use coconut oil spray and line with parchment, so that the bottom and two opposite sides are mostly covered. Leave the excess parchment so that you can pull the brownies out of the pan when cool.

Bring a small saucepan with water to the boil. Once boiling turn off the heat and place your heatproof bowl over the saucepan. Break the chocolate into pieces and add it to the heatproof bowl, along with the coconut oil. When most of the chocolate has melted, remove the bowl and stir the chocolate and coconut until there are no more lumps, and it is combined well.

Place the eggs and erythritol into a medium bowl and whisk to combine.

Next beat in the melted chocolate and coconut oil.. Add the dry ingredients and mix until thoroughly combined. Be sure never to over mix any type of brownie batter!

Spread the thick brownie batter into the pan and bake for 15-20 minutes. Let it cool in the pan. When cool, lift the brownies out of the pan with the parchment.

Chocolate Layer

Break the chocolate into small pieces and place into a small bowl with the coconut oil. Pour the cream into a small saucepan and, over medium heat, bring it up to a simmer. Pour the hot cream over the chocolate and let it sit for a minute. Stir until combined and glossy. Let it cool a bit and thicken. Spread over the cooled brownies and allow to cool in the fridge until the chocolate has hardened.

Cut with a warmed sharp knife and serve. Serves 16. Refrigerate any remaining brownies and enjoy at room temperature.