

# Suuuper Fudgy Paleo & Keto Brownies

These paleo and keto brownies are extra fudgy, super easy, just 5 ingredients and 1g net carbs a pop! Now that's what we call ideal!

Oh, and if baking with cups rather than grams is your thing, just click on US Customary at the bottom of the ingredients for an instant conversion.

<b>Course</b>	Dessert
<b>Cuisine</b>	American, Dairy Free, Gluten Free, Keto, Paleo
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	20 minutes
<b>Total Time</b>	35 minutes
<b>Servings</b>	16 brownies
<b>Calories</b>	102 kcal

## Ingredients

- 9 tablespoons unsalted grass-fed butter or coconut oil if paleo
- 14 tablespoons Swerve \*or maple syrup/coconut sugar if paleo
- 11 tablespoons cocoa powder \*\*
- 1/2 teaspoon kosher salt
- 2 eggs at room temperature\*\*\*
- 3/4 cup almond flour

To garnish

- flakey sea salt optional (but highly suggested!)

Serving suggestions

- unsweetened macadamia milk nice 'n cold!

## Instructions

1. Position a rack in the lower third of your oven and preheat to 350°F/180°C. Line with parchment paper the bottom and sides of a 8x8-inch baking pan. Set aside.
2. Add butter, sweetener, cocoa powder and salt to a medium heatproof bowl. Melt over a water bath or using the microwave. You will want to heat it up until all the butter and sweetener has melted and the mixture is well incorporated. Remove from heat and allow the mixture to cool slightly.
3. Add one egg at a time, stirring well after each one until completely incorporated. Add almond flour, stirring vigorously until fully blended (about a minute). Pour into prepared pan.
4. Bake for 15-25 minutes (we do 23), or until the center is just set and a toothpick inserted in the center comes out slightly moist. This really does vary (a lot!!) from oven to oven (think convection etc), so give them a check from minute 15 the first time around.
5. Sprinkle with flakey sea salt (optional) and allow to cool completely on a rack. Lift brownies using the edges of the parchment paper and cut into desired size (we do 16!). To

get extra clean edges, place in the freezer for 10 minutes prior to cutting.

## Recipe Notes

\*Please see section on sweeteners for deets and possible substitutions. Just keep in mind that **stevia doesn't work** (at all!) for these!

**\*\*If measuring the cocoa with tablespoons** rather than grams, be mindful of *how* you scoop as you can end up with *a lot* more cocoa powder than needed. Drop the cocoa powder into the tablespoon and level it, rather than scooping it out of the bag with the tablespoon (which can lead to overpacked tablespoons!).

**\*\*\*UPDATE:** based on your feedback, we're now advising you guys to **use eggs at room temp.** Reason being that if your cocoa/butter mixture is not hot enough (and your eggs are very cold), they'll solidify the butter and your batter will be too thick once you add in the almond flour (doesn't affect the end results, just annoying to spoon rather than pour!).

<b>Nutrition Facts</b>	
Suuuper Fudgy Paleo & Keto Brownies	
<b>Amount Per Serving</b>	
<b>Calories</b> 102	Calories from Fat 81
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 37mg	<b>12%</b>
<b>Sodium</b> 139mg	<b>6%</b>
<b>Potassium</b> 83mg	<b>2%</b>
<b>Total Carbohydrates</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>8%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin A	4.7%
Calcium	2.1%
Iron	5.3%

\* Percent Daily Values are based on a 2000 calorie diet.

Suuuper Fudgy Paleo & Keto Brownies <https://www.gnom-gnom.com/fudgey-cocoa-paleo-keto-brownies/>