

Fudgy Grasshopper Keto Brownies

Hands-on 30 minutes Overall 45 minutes



Nutritional values (per serving, 1 slice): Total carbs: 10.7 g, Fiber: 5.8 g, **Net carbs: 5 g**,

Protein: 6.3 g, Fat: 25.8 g, Calories: 284 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients

Brownie layer:

- 1 bar [85% dark chocolate](#) or [90% dark chocolate](#) (100 g/ 3.5 oz)
- 125 g butter, [ghee](#) or [coconut oil](#) (4.4 oz)
- 3 large eggs
- 15-20 drops [liquid stevia](#)
- 3/4 cup [Erythritol](#) or [Swerve](#) (120 g/ 4.2 oz)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/2 cup + 1 tbsp [cacao powder](#) or [Dutch process cocoa powder](#) (45 g/ 1.6 oz)
- 1/4 cup ground [chia seeds](#) (32 g/ 1.1 oz)
- 1/2 tsp [baking soda](#)
- 1 tsp [cream of tartar](#)

Mint layer:

- 200 g [coconut butter](#) (coconut manna), softened (7.1 oz)
- 1 cup dried unsweetened [shredded coconut](#) (75 g/ 2.6 oz)
- 1/4 cup [Erythritol](#) or [Swerve](#), powdered (40 g/ 1.4 oz)
- 1/4 cup [coconut milk](#) or heavy whipping cream (60 ml/ 2 fl oz)
- 10-15 drops [liquid stevia](#)
- 1/4 cup fresh mint, or to taste
- 1 tsp sugar-free [mint extract](#), or to taste

Instructions

1. First, prepare the brownie base. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional).
2. Break the chocolate into small pieces and add to a heatproof bowl with the butter. Place over a pan filled with simmering water and make sure the water doesn't touch the bowl: only the steam should heat the bowl. Slowly melt while stirring. When most of the chocolate is melted, remove the pan from the burner and let the

mixture continue to melt while stirring. The chocolate mixture should not be hot when added to the dough.

3. Place the eggs, liquid stevia, and powdered erythritol into a bowl and whisk until well combined. Beat in the chocolate mixture and gently fold in the almond flour, cacao powder, ground chia seeds, baking soda, and cream of tartar and process well.
4. Pour into an 8 × 8 inch pan (20 × 20 cm) lined with parchment paper or use a silicone pan. Bake for 20 to 25 minutes.
5. When done, remove from the oven and set on a cooling rack.
6. While the brownie base is cooling, prepare the mint layer. Place the softened coconut butter, shredded coconut, powdered erythritol, coconut milk, liquid stevia, mint and mint extract into a blender and pulse until smooth. If you prefer more texture, leave some shredded coconut aside and stir into the mixture after blending. The amount of mint depends on your palate and will not affect the amount of carbs per serving.
7. Once the brownie layer has cooled, keep it in the baking pan and spread the mint layer over it.
8. Now, prepare the chocolate crust. Break the chocolate into small pieces and place in a bowl with the coconut oil. Pour the coconut milk or cream into a small saucepan and bring to a simmer over medium heat. Once simmering, pour the milk over the chocolate and coconut oil and mix until smooth and creamy. Set aside to cool and thicken slightly.
9. When cool, spread on top of the mint layer, then refrigerate the brownies for 1 to 2 hours or until set before slicing.
10. The brownies can be stored in the fridge for up to a week.

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