

Healthy Low-Carb Double Chocolate Brownies

Hands-on 20 minutes Overall 45 minutes

Nutritional values (per serving, 1 slice): Total carbs: 9.2 g, Fiber: 5.3 g, **Net carbs: 3.8 g**,

Protein: 4.7 g, Fat: 17.5 g, Calories: 196 kcal,

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



Ingredients (makes 16 servings)

Brownie Layer:

- 3 large eggs (*see note for vegan option*)
- 1/2 cup + 2 tbsp [powdered Erythritol](#) or [Swerve](#) (100 g/ 3.5 oz)
- 10 drops [liquid stevia](#)
- 1/2 cup melted virgin [coconut oil](#) (120 ml/ 4 fl oz)
- 1/4 cup unsweetened [almond milk](#) (60 ml)
- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 1/2 cup + 2 tbsp raw [cacao powder](#) (55 g/ 1.9 oz)
- 2 tbsp ground [chia seeds](#) (16 g/ 0.6 oz)
- 2 tsp [gluten-free baking powder](#) (or 1 tsp [cream of tartar](#) + 1/2 tsp [baking soda](#))
- 1 tsp [vanilla powder](#)
- 1 heaped tbsp [almond butter](#) (32 g/ 1.1 oz)

Chocolate Avocado Frosting:

- 2 ripe avocados (400 g/ 14.2 oz)
- 1/3 cup raw cacao (28 g/ 1 oz)
- 1 tbsp virgin [coconut oil](#) (15 ml)
- 1/4 tsp [vanilla powder](#)
- 1 - 2 tbsp [yacon syrup](#) or 2-4 tbsp [powdered Erythritol](#)

Tips:

Instead of the chocolate avocado frosting, you can use chocolate ganache made with 100 g (3.5 oz) [90% dark chocolate](#), and 1/4 cup + 2 tbsp (90 ml) heavy whipping cream, 3 tbsp (43 g/ 1.5 oz) butter or [coconut oil](#) and a pinch of [vanilla powder](#).

To make this treat 100% vegan keto, simply use flax eggs or chia eggs instead of regular eggs. To make one flax egg (chia egg), mix a tablespoon of [flax meal](#) (or ground [chia seeds](#)) with 3 tablespoons of water.

Instructions

1. Preheat the oven to 160 °C/ 320 °F fan assisted, 180 °C/ 360 °F conventional.
2. Whisk the eggs then add the erythritol and stevia and mix together in a large bowl. Add the melted coconut oil and almond milk. Whisk.
3. Add the ground almonds, cacao, chia seeds, gluten free baking powder, vanilla and almond butter.
4. Mix well until smooth.
5. Line a baking tray (17 x 25 cm/ 7 x 10 inch) with greaseproof paper. Spoon in the brownie mix and level to the edges.
6. Bake in the oven for 25 - 30 minutes until you can insert and remove a skewer without crumbs sticking. Allow to cool.
7. Meanwhile, place all the frosting ingredients in a bowl.
8. Blitz with an [immersion blender](#) (or in a high speed food processor) until smooth.
9. Spoon on the frosting to the brownie base, slice and serve. Option to refrigerate if you prefer a harder brownie. *If you're making a regular chocolate ganache instead: Break the chocolate into small pieces and place in a bowl with the vanilla. Heat the cream and butter over a medium heat and, when hot, pour over the chocolate. Mix until smooth and creamy. Leave to cool down slightly, and then pour over the brownie.*
10. Once chilled, slice into 16 squares. Store in an airtight container in the fridge for up to 3 days. Unfrosted brownies can be stored in the fridge for up to a week.

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