

Low-Carb Chocolate Cinnamon Skillet Brownie

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 4.3 g, **Net carbs: 4 g**, Protein: 13 g,

Fat: 24.5 g, Calories: 299 kcal,

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



Ingredients (makes 8 servings)

- 1 cup [almond flour](#) (100 g/ 3.5 oz)
- 4 tbsp granulated [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 2 tsp [vanilla extract](#) or 1/2 - 1 tsp [vanilla powder](#)
- 2 tsp [cinnamon powder](#) (5 g/ 0.2 oz)
- 1/2 cup [cacao powder](#) or [Dutch process cocoa powder](#) (43 g/ 1.5 oz)
- pinch of salt (*avoid if using salted [almond butter](#)*)
- 2 tsp [gluten-free baking powder](#)
- 1 1/4 sticks butter, [ghee](#) or virgin [coconut oil](#), melted (141 g/ 5 oz)
- 1/2 cup unsweetened [almond milk](#) (120 ml/ 4 fl oz)
- 4 medium eggs
- 2 1/2 tbsp [almond butter](#) (40 g/ 1.4 oz)
- 4 squares [90% dark chocolate](#), roughly chopped (40 g/ 1.4 oz) or 4 tbsp [dark chocolate chips](#)

fridge for 2 - 3 days, or freeze for up to 1 month.

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Instructions

1. Preheat the oven to 145 °C/ 295 °F fan assisted (165 °C/ 330 °F conventional). Add all the dry ingredients to a bowl (ground almonds, erythritol, vanilla, cinnamon, cacao, salt and baking powder). Mix.
2. Stir in the butter (keep a little back to grease the skillet), eggs, almonds butter and almond milk. Mix well until smooth.
3. Grease a 25 cm (10 inch) cast iron skillet with a little butter. Add the keto cinnamon chocolate brownie mix and smooth to the edges of the skillet with a spatula. Top with dark chocolate chunks.
4. Bake in the oven for 15 - 16 minutes until puffed but so the centre is still slightly soft. Remove from the oven and allow to rest. The brownie will continue to firm up as the skillet retains the heat.
5. Spoon into bowls and top with whipped cream, [healthy keto ice cream](#) or full-fat yoghurt.
6. Serve while still warm. To store, let it cool down and store in the