

Ultimate Keto Chocolate Brownies

Hands-on 15 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 7.3 g, Fiber: 3.6 g, **Net carbs: 3.7 g,**

Protein: 5.1 g, Fat: 14.8 g, Calories: 169 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 16 servings)

Wet Ingredients:

1 bar dark chocolate (100 g/ 3.5 oz) - I used 85% dark chocolate but you can use unsweetened and add more sweetener

1/4 cup butter, ghee or extra virgin coconut oil (56 g/ 2 oz)

3 large eggs

1 large ripe avocado (200 g/ 7.1 oz)

1/4 cup coconut milk or heavy whipping cream (60 ml / 2 fl oz) - I like Aroy-D coconut milk

Optional: 15-20 drops Stevia extract (clear stevia or chocolate stevia)

Dry Ingredients:

1 1/2 cups almond flour (150 g/ 5.3 oz)

1/4 cup coconut flour (30 g/ 1.1 oz)

1/2 cup cacao powder unsweetened (45 g/ 1.5 oz)

3/4 cup powdered Erythritol or Swerve or other healthy low-carb sweetener from this list (120 g/ 4.2 oz)

2 tsp gluten-free baking powder (you can make your own)

1/4 - 1/2 tsp sea salt - *key ingredient!*

Optional topping:

whipped cream or coconut milk and cocoa powder or cinnamon sprinkles on top

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Break the chocolate in pieces. Place a bowl over a pot of water and bring to boil. Keep on low heat and make sure the water doesn't touch the bowl (or use a double boiler). Add the butter and let it melt, stirring occasionally.
2. Meanwhile, place the eggs in a mixer like this one from Kenwood. You can use a hand whisk too. Add the stevia drops (if used), ...

3. ... and Erythritol and process until well combined. Halve the avocado and remove the seed.
4. Use a spoon and scoop the avocado flesh into a blender. Add coconut milk and pulse until smooth and creamy.
5. Add the blended avocado into the egg mixture and process until well combined.
6. Pour in the melted chocolate & butter and mix until creamy.
7. Mix all the remaining dry ingredients: almond flour, coconut flour, cacao powder, baking powder and salt.
8. Add the dry mixture into the mixer and process until well combined.
9. Place the dough in a baking dish (I used a silicone square baking dish like this one). Flatten with a spatula and transfer into the oven.
10. Bake for 20-25 minutes or until set. Keep an eye on the brownie to prevent the top from burning.
11. When done, remove from the oven and let it cool down on a cooling rack. When the brownie is hot, it will be crumbly. It will be easy to cut after it cools down. Enjoy with whipped cream or creamed coconut milk and cacao powder or cinnamon on top!

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