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Make-Ahead Keto Fudgy Brownies

YMCA of Northern
Rock County

Brownie Makeover - If you love the taste of fudgy brownies, but don't want all the calories and sugar, try these make-ahead keto fudgy brownies!

They're extra fudgy and taste even better after being refrigerated, so allow them to cool, cut them, and then place them in the fridge for a few hours or overnight before enjoying.

Servings: 12

Ingredients:

- 5 Tbsp. salted butter
- 3.5 oz. 85% dark chocolate, chopped
- 5 tbsp. cacao powder
- 1/2 cup almond flour
- 1/4 cup granulated monk fruit sweetener or Swerve
- 5 tbsp. coconut milk
- 1 tsp. vanilla extract
- Pinch of espresso powder, optional
- 2 large eggs



Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Set up a double boiler by filling a pot with a few inches of water and placing it over medium heat. Once it begins to boil, reduce to a simmer and place a heat-safe bowl on top of the pot. Add chopped chocolate and butter to bowl and gently mix using a spatula until mixture is melted. Remove bowl from heat.
3. To the bowl, whisk in sweetener and sift in almond flour and cocoa powder.
4. Add coconut milk, vanilla extract, and espresso powder.
5. Whisk eggs in a small bowl and fold into brownie batter.
6. Pour brownie batter into a greased or parchment lined 8" square baking dish. Bake approximately 18-20 minutes, or until center is fairly firm. Allow brownies to fully cool before slicing.

Nutrition Per Serving:

Calories: 149

Fat: 13g

Carbs: 5g

Protein: 4g

Recipe courtesy of:

<http://www.marksdailyapple.com/paleo-or-keto-fudgy-brownies/>



This recipe is provided to you by Y
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