



CREAMY BROWNIE TRUFFLES

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

These rich, indulgent Creamy Brownie Truffles are everything you love about a decadent dessert—without the sugar and guilt. Soft, fudgy, and ultra-chocolaty, they strike the perfect balance between a brownie and a truffle. Made with wholesome ingredients like almond flour, allulose, and Lily's dark chocolate chips, they bake up with a creamy center that becomes even more luscious when chilled. Perfect for holidays or celebrations, and especially irresistible with a dusting of Swerve or a dollop of whipped cream. Add peppermint extract for a refreshing minty twist!

Makes approximately 12–14 truffles, depending on size.



INGREDIENTS

- 1-1/2 sticks Kerry Gold butter
- 1/2 cup Lily's Dark Chocolate Chips (divided into two 1/4 cups)
- 1/2 cup almond flour
- 1/4 cup unsweetened cocoa powder



1/2 tsp. baking powder
3/4 cup allulose*
3 large pastured eggs
Mint Brownie Option: add 1 tsp. peppermint Extract

INSTRUCTIONS

Preheat oven to 350°F. Line an 8x8 baking pan with parchment paper.

Melt butter and 1/4 cup Lily's chocolate chips in a small pan on low heat, whisking occasionally. Set aside to cool a bit.

In a mixing bowl, combine the almond flour, cocoa powder, baking powder and allulose.

In a separate bowl, beat the eggs. Slowly add the chocolate and butter mixture to the eggs.

Add the butter mixture to the dry ingredients, mixing the batter well. Fold in the remaining 1/4 cup of chocolate chips.

Transfer batter to the pan. Bake for 15-20 minutes. Baking time will vary depending on the type of pan you use (ceramic/glass, metal) and your oven.

Bake until the middle still looks "wet." I usually bake for 18 minutes in a ceramic pan. You don't want to overbake these, as the wet look will make a delicious creamy truffle texture when chilled. They are very rich!

Serve with a sprinkle of Swerve Confectioners or organic whipped heavy cream.

*Allulose can be found at Kroger, Health Nut or other stores by the Swerve. It is also available on Amazon. It provides a creamier/softer texture than Swerve, but you still can substitute Swerve if you like.