



FUDGY BROWNIES

By Dr. Cindy Tanzar
(Special Occasions)

Everyone needs a little treat now and then. We just want that treat to be one that won't set your weight loss back and cause you to struggle with cravings again. These fudgy brownies are very easy to make and bake in 15 minutes. Adapted from My Sweet Keto's recipe, they are incredibly rich and satisfying. They are even better after refrigerated, where they resemble a creamy truffle. There are many great 85-90% brands of chocolate on the market with a very small amount of organic cane sugar. Look in the healthy section of your grocery store first. Don't try to work these into your meal plan... they are a special treat! Enjoy!
Makes 16 servings.



INGREDIENTS

8 oz. 85-90% dark chocolate (some bars are 3.5 oz.-use two full bars and three additional squares) use quality chocolate like Lindt or Ghirardelli for smoothest results—not Bakers Chocolate
6 Tbsp Kerry Gold butter



2 Tbsp virgin coconut oil
3 large pastured eggs
2 large pastured egg yolks
3/4 cup powdered/confectioners Swerve (Kroger, Walmart, etc)
1/2 tsp. pure vanilla extract
A dash of pink Himalayan salt
3 Tbsp. chopped walnuts or sliced almonds (optional)

INSTRUCTIONS

Preheat oven to 330°F. Line an 8x8 inch baking pan with parchment paper.

Place butter, coconut oil and chocolate in a small pan on low heat, stirring frequently until just melted. Set aside to cool.

Using an electric mixer, beat the eggs and egg yolks for at least 3 minutes or until very rich and fluffy. Add the Swerve, vanilla and salt and mix well. Slowly whisk in the chocolate mixture until just combined.

Pour mixture into the pan and spread evenly with a spatula. Sprinkle with nuts, if using.

Bake for 15-17 minutes at the most. Don't bother to test with a toothpick, as they will look as though they aren't done. Set aside to cool and cut into 16 squares. Leave at room temperature or refrigerate. Great cold!