

## Flourless Chocolate Brownies

These brownies are so tasty and they have the right gooey brownie texture that we all know and love from before low carb.



### Ingredients:

- 150g butter (1 stick + 3 1/3 tablespoon)
- 100g Lindt 90% dark chocolate (3.5 ounces)
- 150g powdered erythritol (1 cup)
- 1 tsp vanilla beans OR vanilla extract
- 5 eggs
- 50g cocoa powder (1/3 cup)

Preheat your oven to 180C or 350F

### Directions:

1. Melt the chocolate and the butter together in a pan over a low heat.
2. Once the chocolate mixture is melted, add the cocoa powder, erythritol and vanilla powder. Stir well until mixed.
3. Mix the eggs into the mixture one at a time. The eggs will make the chocolate mixture very wet and lumpy at first, the first time I did it, I was sure I had screwed up somewhere - just keep whisking.
4. After you've added the third egg, the mixture will start to become smooth again. That's it - the mixture is ready to be cooked.
5. Pour the mixture into a large brownie pan. I used baking paper to line my pan, but if you use a silicone pan, this is not needed. Tap the pan gently a few times to get rid of any air bubbles.
6. Once the oven is up to temperature, place your brownie pan in the centre of the oven. Cook your brownies for approximately **15 minutes** but this might differ based on the size of your pan.
7. Once cooked, the brownies should be slightly firm to the touch in the centre, but not dry. The brownies will firm up as they cool, so be careful not to overcook them.
8. Let your brownies rest for about an hour, or until room temperature and then cut them into the desired size.
9. These will last well in the fridge, and are easily frozen.

Approximate macros per brownie (assuming 30 brownies):

carbs - 0.7g fat - 7g protein - 1.7g calories - 72

Recipe and images by [www.alittlebitofketo.com](http://www.alittlebitofketo.com)