AMERICAN · DESSERT

Fudgy Almond Flour Brownies (Sugar-Free)

35 min · plus cooling Makes 9 × 1 brownie 281 kcal a portion

Video 4:26 · Joe Duff - The Diet Chef

Vegetarian Gluten-free ingredients

Cocoa, sugar-free chocolate chips and almond flour sweetened with erythritol: each brownie has about 4 g net carbs, no added sugar and around 5 g of fibre.

Diet notes: Keto (4.3 g net carbs a serve).

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Ingredients

10 · MAKES 9 × 1 BROWNIE

- [ ] 1/2 cup **butter**
- [ ] 2½ oz (just under 1/2 cup) **sugar-free chocolate chips** (Lily's)
- [ ] 1 cup **confectioners erythritol** (Swerve)
- [ ] **Cocoa powder**: just under 1 cup unsweetened cocoa powder
- [ ] 1/2 cup **blanched almond flour**
- [ ] **Protein powder (whey)**: 2/3 scoop (¾ oz) unflavoured whey protein powder
- [ ] a pinch of **salt**
- [ ] 4 large **eggs**
- [ ] a handful of **walnuts** in the batter and another on top (optional, about 2 oz)
- [ ] a little **baking spray**, for the parchment

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Line an 8 inch square dish with baking paper and coat it with baking spray. 3:19
2. Microwave the butter and sugar-free chocolate chips in a large bowl for 1–2 minutes, until the butter melts, then whisk into a smooth chocolate sauce. 0:41
3. Add the confectioners erythritol, cocoa powder, almond flour, protein powder and a pinch of salt. Mix with a spatula until crumbly. 1:28
4. Mix in the eggs one at a time until a thick batter forms. Fold in a handful of walnuts if you like. 3:02
5. Spread the batter evenly in the dish and scatter a few more walnuts on top (optional). 3:27
6. Bake about 25 minutes, until a toothpick comes out with moist crumbs rather than wet batter. Cool completely in the dish, then cut into 9 squares. 3:45

> **Tip** No protein powder? Use another ¾ oz almond flour instead, as the cook suggests; monk fruit sweetener works in place of erythritol. Slightly underbaking keeps them fudgier.

The method is a summary in our words — the video shows every step.

One portion (1 brownie) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
281 kcal	9.6 g	9.4 g	5.1 g	25 g	60 mg
1,170 kJ	19% of a day	4.3 g net · 1 g sugars	18% of a day	11 g saturated	3% of a day
		3% of a day		32% of a day	

Energy from net carbs 6% · protein 14% · fat 80% — fits keto: 4.3 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Omega-3 42% · Magnesium 23%

Source of (10–19%) Zinc 18% · Iron 17% · Selenium 17% · Vitamin E 15% · Vitamin A 13% · Vitamin B12 12%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=nEofTP-ZxRA, published 21 March 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fudgy-almond-flour-keto-brownies