AMERICAN · DESSERT

Fudgy Dark Chocolate Brownies with Coconut Flour

35 min · plus cooling Makes 16 × 1 brownie 148 kcal a portion

Video 9:27 · lowcarbrecipeideas

Vegetarian | Gluten-free ingredients | Nut-free

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Rich 90% dark chocolate, butter, eggs and a little coconut flour, sweetened with monk fruit: about 2.5 g net carbs and very little sugar in each brownie.

Diet notes: Keto (2.4 g net carbs a serve).

Ingredients

8 · MAKES 16 × 1 BROWNIE

- [ ] 175 g 90% **dark chocolate** (Lindt), chopped
- [ ] 113 g **unsalted butter**, softened
- [ ] 120 g **monk fruit sweetener**
- [ ] 3 large **eggs**, at room temperature
- [ ] 30 g **unsweetened cocoa powder**, sifted
- [ ] 1/2 tsp **salt**
- [ ] 30 g **coconut flour**
- [ ] a little **butter**, for greasing the pan

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Grease an 20 cm square pan and line it with baking paper.
2. Melt the butter and chocolate together in a heatproof bowl over low heat, stirring, just until melted (overheating can make the chocolate split). Take off the heat. 1:25
3. Whisk in the monk fruit sweetener, then the eggs one at a time, whisking until smooth after each. 1:49
4. Whisk in the sifted cocoa powder and salt, then fold in the coconut flour with a spatula to make a thick, smooth batter. 2:43
5. Spread the batter evenly in the pan and bake 20–25 minutes, until the top feels slightly soft and spongy; it firms up as it cools. Don't overbake. 3:30
6. Cool, then cut into 16 squares. 7:03

> **Tip** No coconut flour? Use 120 g almond flour instead, as the cook suggests. Keeps a few days at room temperature, a week in the fridge, or months frozen; warm 30 seconds in the microwave.

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

One portion (1 brownie) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
148 kcal	3.6 g	5.4 g	3.1 g	13 g	90 mg
620 kJ	7% of a day	2.4 g net · 0.4 g sugars	11% of a day	7.9 g saturated	4% of a day
		2% of a day		17% of a day	

Energy from net carbs 7% · protein 10% · fat 83% — fits keto: 2.4 g net carbs, 83% of the energy from fat

Source of (10–19%) Iron 13% · Zinc 12% · Magnesium 11%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=meAWYm5EiWk, published 12 August 2020. 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-coconut-flour-dark-chocolate-brownies