

Ashley's Keto Brownies

Oven: 350°F

Makes 12 Servings

Ingredients:

5 TBSP Melted Butter
1 c Pyure (or keto sweetener of choice)
¼ tsp Himalayan Pink Salt
1 tsp Vanilla Extract
¾ c Unsweetened Cocoa Powder
4 Large Eggs
1 ½ c Almond Flour
1 tsp Baking Powder
1 TBSP Olive Oil

Instructions:

1. Preheat oven to 350°F, grease a 9"x13" casserole dish.
2. In a medium bowl, mix together butter, Pyure, salt, vanilla, cocoa powder, eggs, and olive oil.
3. Add the almond flour and baking powder and stir.
4. Pour the batter into the pan evenly.
5. Depending on your oven, bake for about 25-30 minutes. Insert fork or toothpick, if it comes out clean, it's done.
6. Let cool mostly before cutting, about 15 minutes.

Macros (will vary depending on brands used):

Calories: 178, Net Carbs: 3g, Fat: 15g, Protein: 6g