

Selah V. Fitness - Recipes

PALEO PECAN DARK CHOCOLATE BROWNIES

INGREDIENTS

¾ Coconut Flour
¼ teaspoon baking soda
4 squares (1 ounce each) Trader Joe's unsweetened chocolate (1 whole package)
½ cup plus 2 tablespoons Coconut Oil, melted
½ cup NuNaturals Stevia Baking Blend
2 Tbs NuNaturals Stevia Chocolate Syrup
2 Tbs Unsweetened Vanilla Almond Milk
2 eggs
½ cup chopped pecans (and more to sprinkle on top)

DIRECTIONS

Preheat the oven to 325°F. Line 8-inch square baking pan with aluminum foil, then grease and flour foil; set aside.

In small bowl, combine flour and baking soda; set aside.

In medium microwave-safe bowl, microwave chocolate and coconut oil on High for 1 minute or until chocolate is melted; stir until smooth. With an electric mixer or egg beaters, beat in Stevia baking blend, then chocolate syrup, then almond milk, then eggs. Beat in flour mixture. Evenly spread into prepared pan; sprinkle with pecans.

Bake 20-30 minutes or until a toothpick inserted in center comes out clean. Let cool completely on a wire rack, then place in freezer overnight.

Cut into 16 squares the next day.

NUTRITION FACTS PER SQUARE:

Calories: 240
Fat: 21.6g
Carbs: 8.2
Protein: 3.9