

AVOCADO BROWNIE



	Ingredients	Exchanges
Protein	15.4 gm NOW Real Foods® almond flour -----	3.2 (-4.8 gm fat) -----
	7.5 gm raw egg	0.5 (-0.5 gm fat)
Fat	23.7 gm melted butter	6 (-6.3 gm)
Carbohydrate	0.4 gm unsweetened cocoa powder -----	0.3 -----
	9.5 gm mashed avocado	1 (-1.0 gm fat)
Other	4 gm erythritol -----	
	1 Tbsp. Walden Farms® chocolate syrup	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350°F.
- In a small bowl, weigh the ingredients using a gram scale.
- Melt the butter.
- Mash the avocado until completely smooth.
- Combine all of the ingredients; stir until smooth and combined.
- Grease a silicone mold with nonstick cooking spray.
- Scoop brownie mixture into the molds dividing evenly.
- Bake for 25-30 minutes until firm.
- Allow to cool before removing from mold.

VARIATIONS

- Kirkland® almond flour could also be used for this recipe when calculated to the proper exchange.
- Avocado should not be omitted as it provides moisture and fudginess to the brownie.
- Smart Balance® or Earth Balance® can be used in place of butter.
- Egg Beaters® can be used in place of raw eggs.
- Other keto-approved artificial sweeteners can be used in place of erythritol such as liquid saccharin or stevia.