

# Chocolate Brownie



*Recipe developed by Paige Vondran*

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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.

## Ingredients

Heavy cream	none	exchange
Protein	15.5g hazelnut flour	2.5
	18g whole egg	1.2
Fat	3.8g butter, melted	2 (-6.25g fat)
	8.8g canola oil	2.5 (-1.2g fat)
Carbohydrate	1.7g Hershey's® unsweetened cocoa powder	1.3
Other	4 drops Sweet 'N Low® Liquid Sweetener	
	4g Walden Farms® Calorie Free Chocolate Syrup	
	Small pinch of salt	
	1 pinch baking soda	

## Directions

- Preheat the oven to 350°F.
- Melt the butter in a small bowl in the microwave.
- Measure out the dry ingredients (hazelnut flour and cocoa powder), then mix into the butter.
- Add in the canola oil and the egg.
- Mix in the remaining ingredients.
- Put brownie mixture in a greased muffin tin; bake for about 15 minutes until it has risen and is fully cooked.

### Notes on adjusting this recipe to fit your child's personal meal plan:

- When adjusting the amount of protein ingredients, be sure to use double the number of exchanges for hazelnut flour as exchanges for egg.
- If more protein is used, butter and canola oil can be increased accordingly.