

Prep Time: 20 minutes | Cook Time: 25-30 minutes | Total Time: 45-50 minutes

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Introduction

If you've ever found yourself torn between a rich, fudgy brownie and a chewy chocolate chip cookie, this Keto Brookies recipe is about to become your new best friend. This delightful hybrid dessert combines the best of both worlds—a dense, chocolatey brownie base topped with a buttery, sugar-free chocolate chip cookie layer. Best of all, it's completely keto-friendly, gluten-free, and low in sugar, so you can indulge without derailing your macros.

Whether you're following a ketogenic lifestyle, managing blood sugar, or simply looking for a

healthier dessert option, these brookies deliver on taste and texture without the guilt. Let's dive into the recipe.

Ingredients

For the Brownie Layer:

- ½ cup unsalted butter, melted
- ½ cup granulated erythritol (or monk fruit sweetener)
- 2 large eggs
- 1 teaspoon vanilla extract
- ¼ cup unsweetened cocoa powder
- ½ cup almond flour
- ¼ teaspoon salt
- ½ teaspoon baking powder
- 2 tablespoons heavy cream

- $\frac{1}{4}$ cup sugar-free dark chocolate chips (optional)

For the Cookie Layer:

- $\frac{1}{4}$ cup unsalted butter, softened
 - $\frac{1}{3}$ cup granulated erythritol (or brown sugar substitute)
 - 1 large egg
 - 1 teaspoon vanilla extract
 - 1 cup almond flour
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{4}$ teaspoon baking soda
 - $\frac{1}{3}$ cup sugar-free chocolate chips
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Equipment Needed

- 8×8-inch baking pan
 - Parchment paper
 - Mixing bowls (2 medium, 1 small)
 - Electric mixer or whisk
 - Spatula
 - Measuring cups and spoons
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Instructions

Step 1: Preheat and Prepare (5 minutes)

Preheat your oven to 350°F (175°C). Line an 8×8-inch baking pan with parchment paper, allowing the paper to overhang on two sides for easy removal. Lightly grease the parchment with butter or coconut oil.

Step 2: Make the Brownie Batter (10 minutes)

In a medium mixing bowl, whisk together the melted butter and erythritol until well

combined. Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract and heavy cream.

In a separate bowl, whisk together the almond flour, cocoa powder, salt, and baking powder. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Fold in the sugar-free chocolate chips if using. Set the batter aside.

Step 3: Prepare the Cookie Dough (10 minutes)

In another mixing bowl, cream together the softened butter and erythritol using an electric mixer until light and fluffy, about 2-3 minutes. Beat in the egg and vanilla extract until smooth.

In a small bowl, whisk together the almond flour, salt, and baking soda. Add the dry ingredients to the wet mixture and stir until a soft dough forms. Fold in the sugar-free chocolate chips.

Step 4: Assemble the Brookies (5 minutes)

Pour the brownie batter into the prepared baking pan, spreading it evenly with a spatula. Next, drop spoonfuls of the cookie dough over the brownie layer. Gently press the dough down with your fingers or the back of a spoon to create an even layer, leaving some brownie batter peeking through for a marbled effect.

Step 5: Bake (25-30 minutes)

Place the pan in the preheated oven and bake for 25-30 minutes, or until a toothpick inserted into the center comes out with moist crumbs (not wet batter). The edges should be set and slightly pulling away from the pan. Be careful not to overbake, as almond flour desserts can dry out quickly.

Step 6: Cool and Slice (15 minutes)

Remove the pan from the oven and let the brookies cool completely in the pan on a wire rack—about 15-20 minutes. Once cooled, lift the parchment paper to remove the brookies from the pan. Slice into 16 equal squares using a sharp knife. For cleaner cuts, wipe the knife between slices.

Time and Intensity Breakdown

Phase	Time	Intensity Level
Prep & Preheating	5 min	Low
Brownie Batter	10 min	Medium
Cookie Dough	10 min	Medium
Assembly	5 min	Low
Baking	25-30 min	Passive (Low)
Cooling & Slicing	15 min	Low
Total	45-50 min	Easy-Moderate

Overall Recipe Intensity: Easy to Moderate — This recipe requires basic baking skills and involves two separate mixtures, but the steps are straightforward and beginner-friendly.

Tips for Success

1. Room temperature ingredients: Ensure eggs and butter are at room temperature for smoother mixing and better texture.

- 2. Don't overmix: Stir until ingredients are just combined to avoid dense, dry results.
- 3. Sweetener adjustments: Erythritol can have a cooling effect. If you're sensitive, try a monk fruit-erythritol blend or add a few drops of liquid stevia.
- 4. Storage: Store brookies in an airtight container at room temperature for up to 3 days, refrigerated for up to 1 week, or frozen for up to 3 months.
- 5. Chocolate chips: Choose sugar-free brands sweetened with stevia or erythritol, such as Lily's or ChocZero.

Nutrition Information (Per Serving)

Based on 16 bars; values are approximate and may vary by brand.

Nutrient		Amount
Calories		145 kcal
Total Fat		13 g
Saturated Fat		6 g
Cholesterol		45 mg
Sodium		85 mg
Total Carbohydrates		5 g
Dietary Fiber		2 g
Net Carbs		3 g
Sugars		1 g
Protein		3 g