

- Prep Time: 15 minutes
 - Cook Time: 20-25 minutes
 - Cooling Time: 1 hour (minimum)
 - Total Time: 1 hour 40 minutes
 - Difficulty: Easy
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Ingredients

To achieve the perfect texture, it is crucial to use room-temperature ingredients and high-quality cocoa powder. Here is what you will need:

For the Brownies:

- 1/2 cup (1 stick / 113g) Unsalted Butter: The fat content is key to the fudgy texture. You can also use refined coconut oil for a dairy-free version.
- 1/2 cup (80g) Erythritol or Monk Fruit Sweetener: Use a granular sweetener that measures 1:1 with sugar. If using a blend with allulose, the texture will be even softer and chewier.
- 2 Large Eggs: Room temperature eggs are essential. They trap air when whipped, which helps create that shiny, crackly top.
- 1 teaspoon Vanilla Extract: Use pure vanilla extract for the best flavor.
- 1/2 cup (50g) Super-Fine Almond Flour: Blanched almond flour is preferred. It creates a lighter crumb than almond meal.
- 1/4 cup (25g) Unsweetened Cocoa Powder: Dutch-processed cocoa powder will give a darker color and a smoother, less acidic chocolate flavor.
- 1/2 teaspoon Baking Powder: This provides just a tiny lift to keep the brownies from being too dense. Ensure it is fresh and aluminum-free.

- 1/4 teaspoon Salt: A pinch of salt enhances the chocolate flavor and balances the sweetness.
- 1/2 cup (85g) Sugar-Free Chocolate Chips: Look for stevia or erythritol-sweetened chips. Lily's brand is a popular choice. You can also chop a sugar-free dark chocolate bar.

Optional Add-Ins:

- 1/4 cup Chopped Walnuts or Pecans: For a crunchy texture.
 - 1/4 teaspoon Espresso Powder: Dissolved in the vanilla extract. This does not make the brownies taste like coffee; it simply intensifies the chocolate flavor.
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Instructions

Phase 1: Preparation (Time: 10 Minutes | Intensity: Low)

1. Preheat and Prep: Preheat your oven to 350°F (175°C). Line an 8×8-inch baking pan with parchment paper. Leave an overhang on the sides to lift the brownies out easily. Grease the parchment lightly with butter or coconut oil.
2. Melt the Butter: In a medium-sized microwave-safe bowl, melt the butter in 30-second intervals until fully liquid. Alternatively, melt it in a small saucepan over low heat. Allow it to cool slightly for 2 minutes. You want it warm, not scorching hot.

3. Combine Sweetener: Whisk the granular sweetener into the warm melted butter. The mixture should look slightly thick and glossy.

Phase 2: The Wet Mix (Time: 5 Minutes | Intensity: Medium)

4. Add Eggs and Vanilla: Add the eggs and vanilla extract to the butter mixture. Using an electric hand mixer or a whisk, beat vigorously for 1-2 minutes. The mixture should become pale, creamy, and slightly frothy. This step is critical for the shiny, crackly crust.
5. Beat Until Smooth: Ensure the eggs are fully incorporated and no streaks of yolk remain.

Phase 3: The Dry Mix & Folding (Time: 5 Minutes | Intensity: Low)

6. Combine Dry Ingredients: In a separate small bowl, whisk together the almond flour, cocoa powder, baking powder, and salt. Break up any lumps in the almond flour.
7. Fold Together: Pour the dry ingredients into the wet ingredients. Using a rubber spatula, gently fold the mixture together until just combined. Do not overmix. Overmixing will activate the gluten in the almond flour and result in cakey, tough brownies.
8. Add Chocolate Chips: Fold in the sugar-free chocolate chips (and nuts, if using) until evenly distributed throughout the batter.

Phase 4: Baking (Time: 20-25 Minutes | Intensity: Low)

9. Transfer to Pan: Pour the batter into the prepared baking pan. Smooth the top with your spatula.
10. Bake: Place the pan in the center rack of the oven. Bake for 20-25 minutes.
11. The Toothpick Test: Start checking at 20 minutes. Insert a toothpick into the center. It should come out with moist crumbs attached, but not wet batter. If it comes out completely clean, you have overbaked them. Remember, they will continue to cook slightly as they cool.
12. Visual Cues: The edges should look set and slightly pulled away from the sides, while the center may look slightly underdone and jiggly. This is perfect for fudgy brownies.

Phase 5: Cooling & Cutting (Time: 1 Hour+ | Intensity: Low)

13. Cool Completely: Remove the pan from the oven and place it on a wire rack. Do not cut them yet. This is the most important step for keto brownies. They are very fragile when hot. Let them cool in the pan for at least 1 hour, preferably 2 hours, until they reach room temperature.
14. Chill (Optional): For the cleanest cuts and the most fudgy texture, place the pan in the refrigerator for 30 minutes after cooling.
15. Cut and Serve: Lift the parchment paper to remove the brownies from the pan. Place on a cutting board. Use a sharp knife, wiping it clean between cuts, to slice into 16

squares.

Recipe Notes & Tips

- **Sweetener Matters:** Not all keto sweeteners are created equal. Erythritol can leave a cooling sensation. Monk fruit/Allulose blends tend to brown better and have less aftertaste. If your sweetener is not as sweet as sugar, you may need to adjust to taste.
 - **The “Crackly Top”:** The crackly top comes from the sugar crystals dissolving in the warm butter and the eggs being beaten sufficiently. If you use a liquid sweetener, you will likely not get a crackly top.
 - **Storage:** Store these brownies in an airtight container at room temperature for 2 days, or in the refrigerator for up to 1 week. They taste even better the next day after the flavors meld.
 - **Freezing:** These brownies freeze beautifully. Wrap individual squares tightly in plastic wrap, then place in a freezer-safe bag. They will keep for up to 3 months. Thaw at room temperature or in the microwave for 15 seconds.
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Nutrition Information

Disclaimer: Nutritional information is provided as a courtesy and is calculated using an online calculator. Exact values may vary based on specific ingredients and brands used.

Per Serving (1 brownie, recipe makes 16):

- Calories: 105 kcal
- Total Fat: 10g
- Saturated Fat: 5g
- Cholesterol: 35mg
- Sodium: 55mg
- Total Carbohydrates: 3g
- Dietary Fiber: 2g
- Total Sugars: 0g
- Erythritol: 2g
- Net Carbs: 1g

- Protein: 2g