

- Prep Time: 15 minutes
- Cook Time: 25 minutes
- Cooling Time: 45 minutes
- Total Time: 1 hour 25 minutes
- Yield: 16 brownies (8×8 inch pan)
- Skill Level: Easy
- Intensity Level: Low

Table of Contents

- ◆
- [Kitchen Equipment Needed](#)
- [Ingredients](#)
 - [Dry Ingredients](#)
 - [Wet Ingredients](#)
- [Step-by-Step Cooking Instructions](#)
 - [Step 1: Preparation & Oven Preheat](#)
 - [Step 2: Combine the Wet Ingredients](#)
 - [Step 3: Sift and Incorporate Dry Ingredients](#)
 - [Step 4: Pan Assembly & Baking](#)
 - [Step 5: Cooling & Slicing](#)

- [Culinary Tips & Storage Guidelines](#)
- [Nutritional Information](#)

Kitchen Equipment Needed

- 8×8-inch baking pan
- Parchment paper
- Medium heat-safe mixing bowl
- Large mixing bowl
- Silicone spatula
- Fine-mesh sifter
- Whisk
- Measuring cups and spoons

Ingredients

Dry Ingredients

- Almond Flour: 1 cup (112 g), super-fine blanched
- Unsweetened Dutch-Process Cocoa Powder: $\frac{1}{2}\text{ cup}$ (50 g)
- Granulated Erythritol or Monk Fruit Sweetener: $\frac{3}{4}\text{ cup}$ (144 g)
- Xanthan Gum: $\frac{1}{4}\text{ teaspoon}$ (improves elasticity and texture)
- Baking Powder: $\frac{1}{2}\text{ teaspoon}$
- Fine Sea Salt: $\frac{1}{4}\text{ teaspoon}$

Wet Ingredients

- Plain Full-Fat Greek Yogurt: $\frac{3}{4}\text{ cup}$ (200 g), room temperature
- Unsalted Butter or Coconut Oil: $\frac{1}{4}\text{ cup}$ (56 g), melted
- Large Eggs: 2 , room temperature
- Pure Vanilla Extract: 1 teaspoon

- Sugar-Free Dark Chocolate Chips: $\frac{1}{3}$ cup (60g), divided

Step-by-Step Cooking Instructions

Step 1: Preparation & Oven Preheat

1. Preheat your oven to 350°F (175°C).
2. Line an 8×8-inch baking pan with parchment paper, leaving an overhang on two sides to easily lift the brownies out after baking. Lightly spray the parchment with non-stick cooking spray.

Step 2: Combine the Wet Ingredients

1. In a large mixing bowl, whisk together the melted butter (or coconut oil) and granulated sweetener until fully combined.
2. Add the room-temperature eggs one at a time, whisking vigorously after each addition until smooth.
3. Whisk in the plain full-fat Greek yogurt and vanilla extract until the mixture is uniform and silky.

Note: Ensuring the Greek yogurt and eggs are at room temperature prevents the melted butter from re-solidifying when mixed.

Step 3: Sift and Incorporate Dry Ingredients

1. Set a fine-mesh sifter over the bowl of wet ingredients. Add the super-fine almond flour, Dutch-process cocoa powder, xanthan gum, baking powder, and sea salt.
2. Sift the dry ingredients into the wet mixture to remove any cocoa or flour clumps.
3. Switch to a silicone spatula and gently fold the mixture together until just combined. The batter will be thick and glossy.
4. Fold in three-quarters of the sugar-free dark chocolate chips, reserving the remaining portion for topping.

Step 4: Pan Assembly & Baking

1. Transfer the brownie batter into the prepared 8×8-inch pan.
2. Use an offset spatula or the back of a silicone spoon to spread the batter evenly into the corners.
3. Sprinkle the remaining sugar-free dark chocolate chips evenly over the surface.
4. Bake at 350°F (175°C) for 22 to 25 minutes.





Testing Doneness: Insert a toothpick into the center of the brownies. It should come out with a few moist, fudgy crumbs attached, but no wet batter. Avoid overbaking, as keto baked goods firm up substantially as they cool.

Step 5: Cooling & Slicing

1. Remove the pan from the oven and set it on a wire cooling rack.
2. Allow the brownies to cool completely in the pan at room temperature for at least 45 minutes.
3. For extra clean slices, chill the pan in the refrigerator for 30 minutes prior to cutting.
4. Lift the brownies out using the parchment overhang and slice into a 4 $\times$ 4 grid yielding 16 equal squares.

Culinary Tips & Storage Guidelines

- **Fudginess Factor:** The combination of Greek yogurt and xanthan gum creates a chewy structure without gluten. Do not omit the xanthan gum if you prefer a fudgy texture rather than a cakey one.
- **Sweetener Selection:** Granulated or powdered erythritol-monk fruit blends work best. If using pure erythritol, powdering it in a blender first prevents any potential grittiness.
- **Refrigeration:** Store sliced brownies in an airtight container in the refrigerator for up to

7 days. Keto bakes made with dairy yogurt stay moist longer when chilled.

- Freezing: Wrap individual squares in parchment paper and store them in a freezer-safe bag for up to 3 months. Thaw in the refrigerator or at room temperature for 15 minutes before serving.

Nutritional Information

Below is the estimated nutritional breakdown per serving (1 brownie, assuming a 16-serving yield):

Nutrient	Amount per Serving
Calories	115 kcal
Total Fat	9.2 g
<i>Saturated Fat</i>	4.1 g
Total Carbohydrates	5.8 g
<i>Dietary Fiber</i>	2.6 g
<i>Erythritol/Sugar Alcohols</i>	1.8 g
Net Carbohydrates	1.4 g
Protein	4.2 g
Sodium	68 mg
Calcium	42 mg