- Prep Time: 10 Minutes
- Cook Time: 25 Minutes
- Total Time: 35 Minutes
- Yield: 9 Squares
- Cuisine: Keto / Low Carb

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Ingredients

The Dry Mix:

- ½ cup (50g) Cocoa Powder (Unsweetened)
- ¾ cup (75g) Almond Flour (or finely ground almond meal)

- ⅓ cup Erythritol (or Allulose/Monk Fruit blend, adjust to taste)
- 1 tsp Baking Powder
- ½ tsp Salt
- ¼ tsp Xanthan Gum (Optional, but recommended for a chewier, fudgier texture)

The Wet Mix:

- 1 cup (240g) Plain Greek Yogurt (Full-fat is preferred for texture, but 2% works)
- 2 large Eggs (Room temperature)
- 1 tsp Vanilla Extract
- ¼ cup Unsweetened Almond Milk (or water)
- 2 tbsp Butter (Melted) or Coconut Oil
- ½ cup Sugar-Free Chocolate Chips (Lily’s brand or similar, optional for texture)

Instructions

Step 1: Prep and Preheat (Intensity: Low)
Preheat your oven to 350°F (175°C). Line an 8×8 inch baking pan with parchment paper or grease it generously with coconut oil to ensure the brownies don’t stick.

Step 2: Mix the Dry Ingredients (Intensity: Low)
In a medium-sized bowl, whisk together the almond flour, cocoa powder, erythritol, baking powder, salt, and xanthan gum. Ensure there are no clumps, especially in the cocoa powder and almond flour. Set aside.

Step 3: Combine the Wet Ingredients (Intensity: Medium)
In a large mixing bowl, combine the Greek yogurt, eggs, vanilla extract, almond milk, and melted butter (or coconut oil). Whisk vigorously for about 1-2 minutes until the mixture is smooth and slightly frothy. The yogurt should be fully incorporated into the eggs.

Step 4: Combine Wet and Dry (Intensity: Medium)
Pour the dry ingredient mixture into the wet ingredients. Use a spatula to fold the ingredients together. Stir until just combined—do not overmix, or the brownies will become tough. If using sugar-free chocolate chips, fold them in gently now.

Step 5: Bake (Intensity: Low – Passive)
Pour the batter into the prepared baking pan and spread it evenly with a spatula. Bake for 22-25 minutes. Check for doneness by inserting a toothpick into the center. It should come out with moist crumbs attached, but not wet batter. If the toothpick is completely clean, the brownies might be overbaked (remember, they will continue to set as they cool).

Step 6: Cool and Serve (Intensity: Low)
Remove the pan from the oven and let the brownies cool completely in the pan for at least 30 minutes. This is crucial for low-carb brownies, as they need time to firm up and set properly. Once cooled, lift them out using the parchment paper and cut into 9 equal squares.

Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands of ingredients used (especially the yogurt and protein powder).

Serving Size: 1 Brownie (1/9th of recipe)

- Calories: 145 kcal
- Total Fat: 11g
- Saturated Fat: 3g
- Cholesterol: 55mg
- Sodium: 120mg
- Total Carbohydrates: 5g
- Dietary Fiber: 3g
- Sugars: 1g
- Sugar Alcohols: 4g (from Erythritol)

- Net Carbs: ~2g (Total Carbs – Fiber – Sugar Alcohols)

- Protein: 7g