

Flourless PB Brownies

Makes 12

2 large eggs
½ cup (60ml) water
¾ cup (90g) ground almonds
⅓ cup (35g) unsweetened cocoa powder
⅛ tsp. salt
¾ tsp. baking soda
½ cup (175g) honey
1 tsp. vanilla extract
½ cup (90g) dark chocolate chips
⅓ cup (85g) peanut butter

What you need to do

Preheat the oven to 325°F (160°C). Spray a non-stick 9x9-inch baking pan with cooking spray and line baking paper.

In a medium bowl, whisk 1 large whole egg with 1 egg yolk. Add ¼ cup (60ml) water, the honey, and vanilla extract and stir with the spatula until combined.

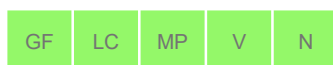
In a large bowl, combine the almond meal, cocoa powder, salt, and baking soda.

Pour the egg mixture into the bowl with the dry ingredients and mix well. Fold in the chocolate chips.

Pour the batter into the prepared baking pan, then top with the peanut butter. Mix it slightly on the top, creating swirls with a fork.

Place in the oven and bake for about 30 minutes, or until an inserted toothpick comes out clean.

Let cool for another 30 minutes before cutting into 12 pieces.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	192	11	19	6

*Nutrition per serve

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