

GLUTEN FREE RED VELVET BROWNIES



INGREDIENTS:

Dry Ingredients:

- 2 scoops Red Velvet Glam Pro
- 1/2 cup Coconut Flour
- 1/4 cup Cocoa Powder (Unsweetened)
- 1/4 cup Stevia (granulated)
- 1 tsp Instant Espresso Powder
- 1/4 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Xanthan Gum

Wet Ingredients:

- 1 Medium Egg
- 1 tbsp Ghee Butter
- 2 tbsp Unsweetened Nut/Plant Milk
- 1 tsp Vanilla Extract
- 3/4 cup Unsweetened Applesauce
- Other:
- 1.25 oz Dark Chocolate Chips

DIRECTIONS:

- 1) Preheat oven to 350°F.
- 2) Spray an 8x8 or 8x6 pan (Use the 8x6 for a thicker brownie) with 0-calorie cooking spray. (Tip: spray the pan completely, then spray a paper towel and use the paper towel to get an even but light coating on the pan)
- 3) Mix all dry ingredients in a large bowl.
- 4) Place ghee, 1/4 oz of the chocolate chips, and milk in a microwave safe bowl. Microwave on high for 25 seconds.
- 5) Remove from microwave immediately and stir until chocolate chips are liquefied.
- 6) Stir in egg.
- 7) Transfer to the bowl of dry ingredients and add the applesauce. Mix well with a rubber spatula. (batter will be thick!)
- 8) Fold in remaining chocolate chips.
- 9) Spread batter evenly in pan with a rubber spatula.
- 10) Bake for 20 minutes. Use a toothpick to check if it comes out clean in the center.
- 11) Remove and let cool for at least 15 minutes before slicing.
- 12) Slice into 12 brownies.

Enjoy!

Makes 12 Brownies

1 Brownie: Calories: 77.1 | Protein: 4.3 gm | Carbs: 8.8 gm | Fat: 3.1 gm