



Peanut Butter Brownies

Nutritional Info Based on 10 Brownies:

Calories: 215

Carbs: 1.6

Protein: 4.9

Fat: 19.4

Dry Ingredients:

1/4 c Cacao

3/4 c Almond Flour

3/4 c Sweetener of choice

1 tsp Baking Powder

1/4 tsp Pink Himalayan Salt

2 Tbsp Beef Gelatin (you can still make the recipe without the gelatin, we just love what it does to the texture of these brownies)

Wet Ingredients:

3/4 c Butter, melted

2 Eggs

1-2 Tsp Vanilla (we used 2)

3 oz softened cream cheese

2 Tbsp Organic Peanut Butter (or nut butter of choice)

Lily's Chocolate Chips

Preheat oven to 325°F

Combine all of the dry ingredients in a small bowl. In a larger bowl, combine all of the wet ingredients. Add the dry ingredients to the wet ingredients and mix until smooth (we used a hand mixer so our arm wouldn't fall off). Fold in the chocolate chips-as little or as much as you like! Once the dry ingredients have been completely incorporated, transfer to a parchment lined baking pan (we used a loaf pan) and add two dollops of peanut butter to the top of the brownies. Swirl the peanut butter into the brownie batter using a butter knife and pop them in the oven. Bake for about 35 minutes (longer if needed) and that's it!