

No Bake Peanut Butter Brownies

🕒 15 min 🍽️ 8 servings

Per serving: 254 Kcal 9g Protein 21g Fat 7g Carbs

Ingredients

- Cocoa powder, 3 tbsp (16.2 g)
- Coconut flour, 4 tablespoons (28 g)
- AUS Sweetener, 7 tablespoon (105 g)
- Peanut butter, smooth & crunchy, no added sugar or salt, 250 grams (250 g)
- Sugar Free Dark Chocolate (e.g. Well Naturally), 4 portion(s) 15g (400 g)



Instructions

1. Line an 10 by 20cm loaf pan with baking paper.
2. In a large bowl add peanut butter butter and AUS sweetener (suggest monk fruit syrup) Microwave for about 30 seconds and then stir until a thick paste forms. If the paste seems too wet you can microwave for another 30 seconds and stir again.
3. Add in cocoa powder. Stir until a dough forms. More sweetener can be added to desired sweetness.
4. Add in coconut flour and stir in until well. If brownies seem too dry add more monk fruit sweetener..
5. Press brownie batter into pan.
6. Sprinkle chopped chocolate over surface.
7. Cover the top of brownies with baking paper and press to smooth and even out the surface.
8. Apply some pressure on the brownies with another baking pan.
9. Place into fridge to set for at least 1 hour.
- 10.. Slice and serve cold or warm.

Comments

Keto, Gluten Free, Low Lactose, Vegetarian, Vegan, Fodmap friendly.

A great snack or dessert.

This snack will boost your healthy fats and fibre intake and keep you full for hours!

Store leftover in an airtight container in fridge, for 5 days.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2027.6	253.7	253.5
Protein [g]	71.9	9	9
Fat [g]	165.9	20.8	20.7
Carbs [g]	53.4	6.7	6.7
Fiber [g]	48.1	6	6
Net Carbs [g]	5.3	0.7	0.7



Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	64.5	8.1	8.1
Iron, Fe [mg]	7.3	0.9	0.9
Magnesium, Mg [mg]	523.3	65.5	65.4
Phosphorus, P [mg]	1013.9	126.9	126.7
Potassium, K [mg]	1826.9	228.6	228.4
Sodium, Na [mg]	165	20.6	20.6
Zinc, Zn [mg]	8.2	1	1
Vitamin A, RAE [ug]	0	0	0
Vitamin E [mg]	21.1	2.6	2.6
Vitamin D [ug]	0	0	0
Vitamin C [mg]	15	1.9	1.9
Thiamin [mg]	0.3	0	0
Riboflavin [mg]	0.3	0	0
Niacin [mg]	31.4	3.9	3.9
Vitamin B6 [mg]	0.3	0	0
Vitamin B12 [ug]	0	0	0

Vitamin K [ug]

0.4

0.1

0.1