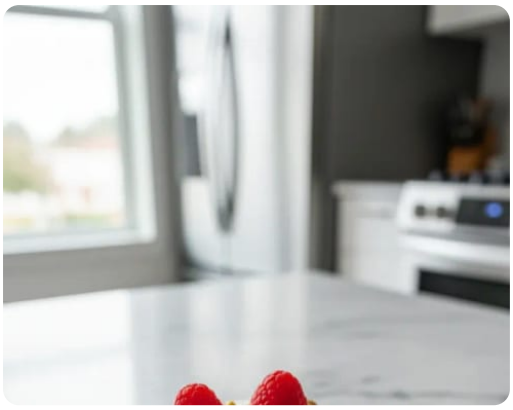

Long Livo

Zero Sugar Brownies with Greek Yogurt

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup plain Greek yogurt (full-fat)
- [ ] 1/2 cup erythritol
- [ ] 1/3 cup melted coconut oil
- [ ] 2 large eggs
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 3/4 cup almond flour
- [ ] 1/4 cup unsweetened applesauce
- [ ] 1 tsp vanilla extract
- [ ] 1/2 tsp baking powder
- [ ] Pinch of sea salt

Optional Add-Ins

- [ ] 1/4 cup sugar-free chocolate chips
- [ ] 2 tbsp chopped walnuts

Instructions

1. Preheat the oven to 350°F (175°C) and line an 8×8-inch pan with parchment or lightly grease it.
2. In a large bowl, whisk together the Greek yogurt, erythritol, melted coconut oil, eggs, and vanilla until smooth.
3. Sift in the cocoa powder, almond flour, baking powder, and sea salt; fold gently until just combined.
4. Stir in the applesauce, then optionally fold in chocolate chips or walnuts.
5. Spread the batter evenly in the prepared pan, smoothing the top with a spatula.
6. Bake for 18-20 minutes, or until a toothpick inserted near the center comes out with a few moist crumbs. The edges should look set and slightly cracked.
7. Allow the brownies to cool completely in the pan before lifting them out and cutting into squares.

Nutrition per serving

150 kcal	5 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a deeper chocolate flavor, add an extra tablespoon of cocoa powder.
- Erythritol can have a cooling sensation; balance it with a dash of cinnamon if desired.
- Store leftovers in a single layer to keep the top from becoming soggy.