



Peppermint Brownies

Gluten-free and Low GL

Not low enough to be “Keto”, but they’re still healthy and good enough for your family to rave!



- 4 squares unsweetened Bakers Chocolate
- 1/2 cup grass-fed Butter
- 2 Eggs
- 3 Tablespoons Truvia
- 1/4 to 1/2 tsp. Peppermint extract
- 1/8 tsp. Salt
- 1 tsp. baking soda for “Cake like” or baking powder for “brownie like” texture.
- 1/2 cup Garbanzo bean or Fava bean flour. (*Sifted to remove any lumps*)
- 1/2 to 3/4 cups chopped Pecans or Walnuts (*optional*)
- 1/4 cup Unsweetened Applesauce (*optional to make it more moist*)



Directions

1. Melt chocolate and butter in a double boiler.
2. Let cool slightly.
3. Beat eggs thoroughly.
4. Add all other ingredients and mix well.
5. Pour into greased 9 x 9 glass pan.
6. Bake in 325 degree oven for 20-25 minutes. (*Bake at 350 if using a metal pan.*)
7. Cool and decorate or frost with below frosting.



A double boiler is a pan inside a larger pan with boiling water in the bottom.

Optional FROSTING

- 2 Tbsp. grass-fed Butter, softened to room temperature.
- 4 oz. Vanilla yogurt (Fage brand, or other thick consistency brand)
- 1/4 cup powdered Erythritol or powdered Monk fruit.
- 1/4 tsp. Flavoring extract. (Vanilla, almond **or** Peppermint)
- Optional red or green food coloring or crushed candy canes.
- 4 oz. cream cheese, softened.

Combine all frosting ingredients except cream cheese until sweetener is well blended. Mix in cream cheese until smooth and creamy with an electric mixer.

Brownies should be refrigerated after frosting.

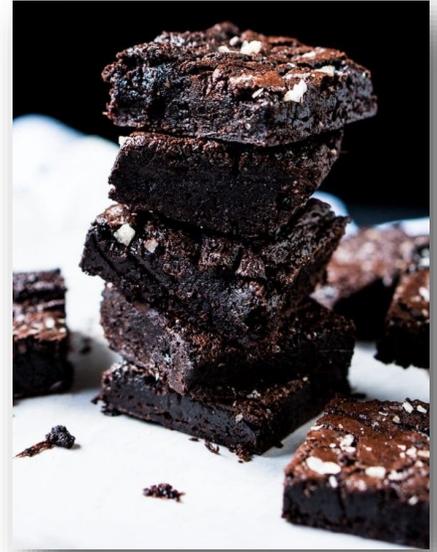
KETO Peppermint Brownies

Makes 16 brownies

Adapted from gnom-gnom.com

INGREDIENTS

- 9 tablespoons unsalted grass-fed butter
- 1 cup Monk fruit. (*Link goes to our favorite.*)
- 11 tablespoons cocoa powder **
- 1/2 teaspoon kosher salt
- 2 eggs at room temperature
- 3/4 cup almond flour
- 1/4 tsp. Peppermint, vanilla or almond extract



Click on picture above to be taken to gnom-gnom.com for original recipe with video

INSTRUCTIONS

1. Position a rack in the lower third of your oven and preheat to 350°F/180°C.
2. Line with parchment paper the bottom and sides of a 8 x 8-inch baking pan. Set aside.
3. Add butter, sweetener, cocoa powder and salt to a medium heatproof bowl. Melt over a water bath whisking constantly (or use the microwave, in very small time increments). You'll want to heat it up until most of the sweetener has melted and the mixture is well incorporated. Remove from heat and allow the mixture to cool slightly.
4. Add extract.
5. Add one room-temperature egg at a time, whisking well after each one until completely incorporated. The texture should appear smooth, with all the sweetener dissolving into the mixture. Just be sure not to over-whisk, or your brownies could end up more cakey rather than fudgy.
6. Add the almond flour, whisking vigorously until fully blended (about a minute).
7. Bake for 15-25 minutes, or until the center is just set and a toothpick inserted in the center comes out moist. This really does vary (a lot!!) from oven to oven, so give them a check from minute 15 the first time around, and remember that you'll brownies will continue to cook while they cool.
8. Frost with the peppermint frosting from previous page.
9. Lift brownies using the edges of the parchment paper and cut into desired size (we do 16 squares). To get extra clean edges, place in the freezer for 10 minutes prior to cutting.

915-861-6758

TrinityHealthCoaching.com


TRINITY
HEALTH COACHING
Transforming the body, mind, and spirit ~ Rom. 12:1-2

Got Questions?
We've got Answers!