

Best Brownies

1/4 lb butter (1 stick)
2 cups erythritol (powdered, not granulated)
1 Tbsp vanilla
4 eggs (room temp is best)
1/2 cup cocoa
1 tsp salt
4 oz unsweetened chocolate, melted
2 cups flax seed meal
1 Tbsp baking powder
1/3 cup cream
2/3 cup water
1 cup Splenda or Stevia
1 cup walnuts, chopped

Preheat oven to 350 F and grease a 9X13 pan.

Cream the butter until fluffy. Add powdered erythritol and cream them together until fully combined with a fluffy texture. Add vanilla. Beat eggs into the mixture, one at a time. Add salt and cocoa, beat well. Add chocolate, beat until fluffy. Add the rest of the ingredients and mix well to combine.

Pour mixture into a pan and bake for 35 to 40 minutes until top springs back or a toothpick comes out clean. Cool. Cut into 32 squares. Makes 32 servings.

Nutrition information per serving: 120 calories, 4 grams protein, 11 grams fat, 6 grams carbohydrate, 107 mg sodium.