NO BAKE BROWNIES

Ingredients:

- 2 cups almond flour
- 1/2 cup cocoa powder
- 5T pure maple syrup, honey, or agave
- 1/2 cup natural peanut butter, or allergy friendly sub such as sunflower or coconut butter
- 1/2 tsp salt
- 1/4 cup water
- optional handful mini chocolate chips



Directions:

Line an 8x8 pan with parchment or wax paper. (For thicker brownies - double the recipe and use the same size pan.) If not easily stir-able, gently heat nut butter to soften. Stir everything together until it resembles brownie batter. (If needed, add a little extra water.) Smooth into the pan. Refrigerate until firm. Cut into bars, and frost if desired. Makes 12 servings.

NUTRITION PER SERVING:

Per brownie: Calories 152, Fat 10.6g, Carbs 11.5g, Fiber 3g, Sugar 5.4g, Protein 5.6g

Reference: https://chocolatecoveredkatie.com