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Loco Coco Brownies

Ingredient	Amount
Magic Baking Powder	10
Pure Vanilla Extract	10
Fry's Premium Cocoa Powder	30
Truvia Sweetener	55
Lindt 85% Cocao Chocolate	50
Coconut Flour (Bulk Barn)	47.5
Flaxseed Ground (Bulk Barn)	47.5
Butter	175
Crushed almonds dry roasted	34
Dried Cocount Shredded Unsweetened	30
Final Weight	489 grams
Non stick spray (eg. Pam or Selections Brand)	As needed

Directions

1. Preheat oven to 325 degrees F.
2. Mix dry ingredients in a medium size bowl and set aside. (this will include: baking powder, cocoa powder, sweetener, coconut flour, ground flaxseed, crushed almonds, shrededed coconut)
3. Melt Lindt Chocolate in a small saucepan over low heat.
4. Once the chocolate is completely melted add butter, vanilla extract to the chocolate.
5. Mix well and turn off the heat.
6. Pour the melted chocolate into the dry ingredient bowler. Mix ingredients together.
7. Grease a loaf pan or 9 inch square baking pan with with non stick spray.
8. Bake the brownies for 50 – 60 minutes or until a toothpick inserted in the middle of the pan comes out clean.
9. Let the brownies cool before slicing and serving.

Weight	Calories	Total Fat	Total Protein	Total Carbohydrates	Keto Ratio
33 g	200 kcal	18.5 g 83.3% total kcal	3.2 g 6.4% total kcal	5.2 g 10.4% total kcal	2.2:1

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription.

Always consult with your Ketogenic Registered Dietitian that these additions are acceptable for your current diet prescription.

Enjoy - Bon Appetite!
Thank you – Merci!

Acknowledgements:
This recipe was created in partnership with Chef Patrick Wiese (patron chef to Matthew's Friends Canada) and Jennifer Fabe (registered dietitian and president of Matthew's Friends Canada). Last reviewed September 2016.