



# Chewy Chocolate Brookies



prep time  
40 minutes



total time  
51 minutes



servings  
20  
cookies

## Ingredients

- 1 cup/120 grams blanched almond flour  
~ 4 servings of fat
- 2/3 cup unsweetened cocoa powder  
or raw cacao powder ~ 1.5 servings of  
protein, 1.5 servings of carb, 1/2 serving  
of fat
- 1 teaspoon baking soda
- 1/8 teaspoon fine sea salt
- 6 tablespoons ghee or butter  
~ 6 servings of fat
- 3/4 cup maple sugar, coconut sugar,  
or cane sugar ~ 5 servings of carb
- 1 large egg at room temperature  
~ 1 serving of protein, 0.33 servings  
of fat
- 1 teaspoon pure vanilla extract
- 1 cup chocolate chips ~ 2 servings of  
protein, 8 servings of carb, 4 servings  
of fat

### for rolling:

- 3/4 cup organic powdered sugar\*  
~ 6 servings of carb

\*option to use powdered monkfruit sweetener  
which would reduce the carb servings.

 holiday favorite

## Instructions

- 1 In a mixing bowl, combine the almond flour, cocoa powder, baking soda and salt. In a separate large mixing bowl using an electric hand mixer, cream together the ghee with the maple sugar until creamy, then beat in the egg and vanilla until creamy.
- 2 Using a spoon, mix the dry mixture into the wet until a thick dough forms, then fold in the chocolate chips. Cover with plastic wrap and chill for 15-20 minutes.
- 3 Preheat your oven to 350° F and line 2 cookie sheets with parchment paper. Place the powdered sugar (or monk fruit) in a shallow bowl. Take about 1 1/2 tablespoons of the dough and roll it into a neat ball. Roll generously in the powdered sugar (or sweetener), then place on the prepared baking sheet.
- 4 Repeat the process to use up the dough, spacing cookies 2" apart on the baking sheet.
- 5 Bake one batch at a time in the preheated oven for 11 minutes. The cookies will not spread until the last 2 minutes or so. Cookies will be very soft when done.



- 6 Remove from the oven and cool on the cookie sheet for 5-8 minutes or until you can easily transfer them to a cooling rack to fully cool.
- 7 Cookies will be chewy and brownie like on the inside when cooled. Store leftover cookies loosely covered at room temperature for up to 2 days, or keep in a sealed container in the refrigerator to keep them longer. Enjoy!

Whole Recipe Breakdown:  
4.5 Servings Protein  
14.5 Servings Carb  
15 Servings Fat  
0 Servings Veggies