

Healthy Peanut Butter Brownies

Course: **Cakes**

Servings	Prep time	Cooking time	Total time
9 servings	15 minutes	25 minutes	40 minutes

Ingredients

120 g (⅔ cup) coconut sugar
2 eggs
2 teaspoons vanilla extract
113.4 g (⅔ cup) semi-sweet chocolate chips
54.5 g (¼ cup) coconut oil
86 g (⅓ cup) creamy unsalted peanut butter
84 g (¾ cup) almond flour
21.5 g (3 tablespoons) cocoa powder
0.25 teaspoon salt
53 g (⅓ cup) chocolate chips (optional)

Directions

Make & Bake the Brownies:

- 1 Preheat and Prepare:** Start by preheating your oven to 350°F (175°C). Line an 8-inch square baking pan with parchment paper to make removing the brownies a breeze.
- 2 Cream the Eggs and Sugar:** In a large mixing bowl, beat the room-temperature eggs and coconut sugar using an electric mixer. Whisk for about a minute until the mixture is pale and creamy. This step is crucial for creating the perfect texture in your brownies.
- 3 Melt Chocolate and Coconut Oil:** In a microwave-safe bowl, combine the semi-sweet chocolate chips and coconut oil. Heat in 30-second intervals, stirring after each, until fully melted. This ensures the chocolate doesn't scorch.
- 4 Combine Wet Ingredients:** Pour the melted chocolate mixture into the egg and sugar mixture. Add the vanilla extract and beat until everything is well incorporated. Then, mix in the peanut butter until the batter is smooth and creamy.
- 5 Sift and Fold:** Sift the almond flour, cocoa powder, and salt directly into the wet mixture. Gently fold everything together using a spatula until just combined. Avoid overmixing to keep the batter light and fudgy.

6 Optional Chocolate Chips: If you're using extra chocolate chips, fold them into the batter for extra gooey bites of chocolate.

7 Swirl the Peanut Butter: Pour the batter into the prepared baking pan and spread it evenly. Add dollops of peanut butter on top and use a knife or chopstick to create beautiful swirls. This step gives the brownies their signature peanut butter swirl design.

Bake & Cool:

8 Bake: Place the brownies in the oven and bake for 20-25 minutes. Check doneness by inserting a toothpick into the center—if it comes out with just a few crumbs, they're ready!

9 Cool and Slice: Allow the brownies to cool in the pan for at least 10 minutes. Then transfer them to a wire rack to cool completely before slicing into squares.