



BROWN BUTTER BLONDIES WITH CHOCOLATE CHIPS

By Dr. Cindy Tanzar
(Special Occasions)

Whether you are looking for treats for the holidays, celebrating a birthday or just looking for a special treat that is weight-loss friendly, blondies are an all-time favorite.

These treats, inspired from *All Day I Dream About Food*, contain no sugar or artificial sweeteners, are easy to make and have a rich and delicious flavor. Don't make them an everyday item, as you don't want to get into the habit of eating dessert every day, but if you are struggling to keep away from sugar, these blondies are much better for you.

Makes 12 blondies (cut from an 8x8-inch pan; 1 square per serving).



INGREDIENTS

- 1/2 cup Kerry Gold butter
- 2 cups fine almond flour
- 1/4 cup Swerve Granular
- 1/4 cup Swerve Brown (or Swerve Granular + 2 tsp molasses)
- 1 tsp. baking powder
- 1/2 tsp. pink Himalayan salt



1 large pastured egg
1/2 tsp. pure vanilla extract
1/3 cup Lily's chocolate chips

INSTRUCTIONS

Place butter in a medium skillet over medium heat. Once melted, turn to medium-low and cook until butter becomes a deep amber (4-5 minutes). Watch carefully so it doesn't burn. Set aside to cool.

Preheat oven to 325°F and grease an 8x8 inch square pan. In a large bowl, whisk together the almond flour, Swerve Granular, Swerve Brown, baking powder, and salt.

Stir in the egg, browned butter and vanilla until well combined. Add in chocolate chips and stir.

Press dough evenly into the pan and bake 15-20 minutes – just until set and golden brown. Let cool and cut into square to serve.