



CARMEL BROWNIE BITES

By Dr. Cindy Tanzar
(Special Occasions)

If you are looking for a special holiday treat that is hearty and satisfying yet won't challenge your waistline, look no further! This no-bake recipe takes little time to put together, yet provides a nice chewy texture that will become a favorite. While this recipe is okay on occasion or for times when you are really tempted to eat something sugary that will pull you back into cravings again, don't try to make it fit into your daily checklist. This recipe calls for almond butter, but once in maintenance, you can also substitute organic peanut butter (no sugar), as well. Enjoy!

Makes 12-14 balls.



INGREDIENTS

1 cup pecans



1/8 tsp pink Himalayan salt
1/4 cup cocoa powder
1/2 cup almond butter, no sugar (or organic peanut butter, in maintenance)
10 drops liquid caramel stevia
1/2 tsp vanilla
2 Tbsp Kerry Gold butter, melted
2 Tbsp coconut flour
1/4 cup Lily's dark chocolate chips or 85-90% dark chocolate chopped

INSTRUCTIONS

In a food processor or blender, add the pecans and salt and process until finely ground. Add in the cocoa powder, almond butter, caramel stevia, vanilla and process until well combined. (If you use a blender to grind the pecans, you may need to add the rest of the ingredients into a bowl and mix by hand. Add coconut flour, butter and chocolate chips and pulse until just mixed.

Line a baking sheet with parchment paper. Roll about 1 Tbsp of dough in the palm of your hand into a ball and place on the baking sheet.

Refrigerate or freeze until firm, then store in a sealed container. You can lightly dust them with Swerve confectioners before serving, if you like.