



VEGAN PEPPERMINT OR WALNUT BROWNIES

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

These rich, fudgy brownies are a delicious way to enjoy a treat without straying too far from your goals. Made with almond flour, cocoa, and naturally sweetened with Swerve, they're perfectly decadent yet lower in sugar. The option of peppermint extract gives them a refreshing holiday twist, while walnuts add a satisfying crunch for a more classic finish. Stevia-sweetened chocolate chips melt throughout, creating pockets of gooey goodness. Best served chilled for the ultimate texture, these brownies are a guilt-conscious indulgence for any special occasion.

Makes about 16 brownies



INGREDIENTS

- 1 cup finely-sifted almond flour
- 1/4 cup + 2 Tbsp cocoa powder
- 2/3 cup Swerve granular
- 1 tsp. baking powder
- 1/2 tsp. Pink Himalayan salt



1/3 cup + 3 Tbsp melted coconut oil (or Kerry Gold butter for non-vegan)
2 flax eggs (*see below) or pastured eggs
1 tsp. pure vanilla extract
1/2 cup Lily's chocolate chips
1 tsp peppermint extract (optional)
1/4 cup walnuts, optional, for topping
Swerve Confectioners for dusting (optional)

*1 flax egg = 1 Tbsp flax meal + 3 Tbsp water. Mix together and let sit until thick or gel-like.

DIRECTIONS

Preheat the oven to 350°F. Grease an 8x8 pan.

If using flax eggs, mix the flax meal and water and set aside.

Whisk together the almond flour, cocoa powder, Swerve, baking powder and salt in a large bowl.

Combine melted coconut oil (or butter), flax eggs (or eggs), vanilla and peppermint extracts, then mix into the flour mixture. Add in chocolate chips and mix.

Place batter into the pan. It will be thick and you may have to evenly pat it down with your fingers. If using, add walnuts to top of batter.

Bake 20-22 minutes. They will look like they aren't done, but are. Cool completely. They set even better when then refrigerated for several hours or overnight.

Dust with Swerve Confectioners before serving.