

# Chocolate Brownies



2.3:1 ratio

- **Preparation time:** 10-15 minutes
- **Cooking time:** 20-25 minutes
- **Recipe makes** 2 brownies

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	33.8g	21.1g LCT	
		12.7g MCT	
Protein	12.1g		
Carbohydrate	2.5g		
Energy (calories)	363kcal		



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Egg, beaten	15g	
Almond milk e.g. Almond breeze/ Alpro	25g	
Butter, melted	5g	
Liquid sweetener e.g. Hermesetas	2 large squirts	
<b>MCTprocal®</b>	16g	
Ground almonds	15g	
Cocoa powder e.g. Bournville	2g	
Ground flaxseed e.g. Cold Milled Virginia Harvest	15g	
Carbohydrate free baking powder e.g. Barkat	1g	
Dark chocolate, grated e.g. Lindt excellence 90% cocoa	7g	

## Method

1. Preheat oven to 180°C/fan 160°C/gas mark 4.
2. In a bowl, mix eggs, almond milk, butter and liquid sweetener together.
3. In a separate bowl add remaining dry ingredients and mix until combined.
4. Pour egg mixture into the dry ingredients and mix well until a thick batter is formed.
5. Divide batter equally between two 12-centimetre spring-form cake tins and bake in the oven for 20-25 minutes until cooked
6. Remove from oven and allow to cool slightly before serving.



- Good for packed lunches, picnics or a special celebration
- Try silicon moulds or muffin tins instead of a brownie tin
- For a different flavour, use carbohydrate free flavouring e.g. Foodie Flavours natural orange flavouring.

Serving  
Suggestion

## Always check with your dietitian what is suitable for you

- Serve with sugar free chocolate sauce e.g. Walden Farm chocolate syrup
- Save some grated chocolate and sprinkle over the top of the cooked brownies

**MCTprocal is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.**

**Refer to labels for allergens and other product information.**

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