

Choco Fever Dream

Zero Sugar Brownies with Greek Yogurt

15 min Prep time	**25 min** Cook time	**40 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup almond flour
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 1/2 cup erythritol (or preferred zero-calorie sweetener)
- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 1/4 cup melted coconut oil
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] 1/4 tsp sea salt

Optional Add-Ins

- [ ] 1/4 cup dark chocolate chips
- [ ] 1 tbsp chopped walnuts

Instructions

1. Preheat the oven to 350°F (175°C). Line an 8×8-inch pan with parchment paper and lightly grease.
2. In a bowl, whisk together almond flour, cocoa powder, erythritol, and sea salt; set aside.
3. In a separate bowl, combine Greek yogurt, melted coconut oil, eggs, vanilla extract, and lemon zest until smooth.
4. Fold the dry mixture into the wet ingredients gently; stir in chocolate chips if using, being careful not to over-mix.
5. Pour batter into the prepared pan, smoothing the top with a spatula.
6. Bake for 20-25 minutes, or until a toothpick inserted near the center comes out with a few moist crumbs.
7. Allow to cool in the pan for 10 minutes, then lift out using the parchment and slice into squares.

Nutrition per serving

180 kcal	5 g	12 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks overly thick, add a tablespoon of milk or extra yogurt.
- For extra decadence, drizzle a thin stream of melted dark chocolate after cooling.
- These brownies keep best in a cool, dry place; avoid refrigeration unless storing longer than three days.