

Shamrock Brownies

Prep: 30 min Cook: 20 min Total: 50 min Servings: 16

Calories: 218 Fat: 19g Protein: 3g Carbs: 17g Fiber: 2g

Ingredients

- 1 cup Almond Flour - fine
- 1/3 cup BBF Organic Cacao Powder
- 1 tsp Baking Powder
- 1/2 tsp Salt
- 1/3 cup BBF Refined Organic Coconut Oil
- 3 Tbsp Water
- 2 each Eggs
- 2/3 cup BBF Organic Monk Fruit Blend
- 1 tsp Vanilla Extract
- Mint Frosting Layer Ingredients
- 8 oz Cream Cheese - Softened
- 1/4 cup BBF Organic Monk Fruit Blend
- 1 tsp Mint Extract
- 3 each Drops Green Food Color
- Chocolate Ganache Ingredients
- 1 cup Sugar-Free Chocolate Chips
- 1/2 cup Heavy Cream

Directions

1. Preheat the oven to 350 F.
2. Grease an 8-inch pan, or line with parchment.
3. Melt coconut oil.
4. In a medium bowl combine all ingredients and stir until smooth and all ingredients are well combined.
5. Spread evenly into the pan. Smooth down, using a second sheet of parchment if needed.
6. Bake 20 minutes on the center rack, then let cool completely and they will continue to firm up. They also firm up even more if you refrigerate very loosely covered overnight.
7. Once brownies have cooled, make the mint frosting layer. In a medium bowl combine all ingredients and stir till smooth. Let sit 2-3 minutes to let monk fruit dissolve into the cream cheese so it is not grainy. Stir again until it's smooth and easy to spread.

8. Spread mint frosting on to the top of the brownies and chill while you make the chocolate top layer.
9. For the chocolate layer add the sugar-free chocolate chips and cream to a stainless-steel bowl over a sauce pan of simmering water.
10. Stir until chocolate chips are melted and the ganache is smooth.
11. Allow the chocolate ganache to cool for 10 to 15 minutes for it to thicken before pouring over the top of the mint frosting layer. Smooth and chill until set. Cut into squares.
12. Enjoy your Shamrock Brownies!