



Long Livo

Zero Sugar Brownies with Greek Yogurt

15 min
Prep time

12
Servings

25 min
Cook time

Easy
Difficulty

40 min
Total time
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
Calories

5 g
Protein

12 g
Carbs

12 g
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.