

Treasure Barrel

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 Greek yogurt (full-fat)
- [ ] 3/4 cup unsweetened cocoa powder
- [ ] 1/2 cup zero-sugar sweetener blend
- [ ] 2 large eggs
- [ ] 1/3 cup melted coconut oil
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest
- [ ] 1/2 cup almond flour
- [ ] Pinch of sea salt

Optional Add-ins

- [ ] 1/4 cup dark chocolate chips (sugar-free)
- [ ] 1/4 cup chopped walnuts

Instructions

1. Preheat the oven to 350°F (175°C) and line an 8-inch square pan with parchment.
2. In a bowl, whisk together Greek yogurt, eggs, melted coconut oil, vanilla, and lemon zest until smooth.
3. Sift cocoa powder, almond flour, sweetener, and salt into another bowl; stir to combine.
4. Gradually fold the dry mixture into the wet, using a gentle motion to keep the batter airy.
5. If using, stir in chocolate chips or walnuts; pour batter into the prepared pan, spreading evenly.
6. Bake for 20-25 minutes, until a toothpick comes out with a few moist crumbs. Cool before cutting.

Nutrition per serving

180 kcal	6 g	12 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-bake; the brownies should be slightly fudgy in the center.
- A light dusting of cocoa powder adds an elegant finish.
- For extra shine, brush the tops with a thin glaze made from melted sugar-free chocolate.