Healthy Fudge Brownies

🍴 6 servings   🕐 28–32 minutes

These brownies are rich, fudgy, and made with only all-natural, wholesome ingredients. They're free from refined sugar, gluten, and additives — instead, sweetened naturally with honey and made with almond flour for a nutrient-dense base.

Cacao powder gives you a powerful hit of antioxidants, while healthy fats from coconut oil support brain function and satiety. These are the kind of treats that taste indulgent but nourish your body at the same time.

Macros (per slice, serves 6): Calories: ~200 | Protein: ~4g | Carbs: ~17g | Fat: ~14g

Ingredients

- 1/2 cup almond flour (option to swap to 1/3 cup high protein flour but add a little more oil for moisture)
- 1/3 cup cacao powder (or unsweetened cocoa powder)
- 1/4 tsp sea salt
- 2 large eggs
- 1/3 cup honey
- 1/4 cup melted coconut oil (or olive oil)
- 1/2 tsp vanilla extract

METHOD

1. Preheat oven to 175°C (350°F). Line a small square pan (8x8") with baking paper.
2. Mix dry ingredients: In a medium bowl, whisk together almond flour, cacao powder, and salt.
3. Mix wet ingredients: In a separate bowl, whisk eggs, honey, melted coconut oil, and vanilla until smooth.
4. Combine wet and dry ingredients and mix until just combined.
5. Pour into pan and spread evenly.
6. Bake for 18–22 minutes, or until a toothpick comes out with a few moist crumbs.
7. Cool completely in the pan before slicing for the best fudgy texture.

Storage: 5–6 days in the fridge or 3 months frozen