

Flourless Chocolate Brownie

180g Cocoa
200g Natvia Sweetener
140g Butter
40g Macadamia Oil
250g Philadelphia Cream
Cheese block
4 Eggs
4 t Vanilla Essence
Pink rock salt



Put cream cheese and butter in bowl and microwave until soft enough to combine with other ingredients. Add the rest of the ingredients and combine, put into a non-stick slice tin to cook for 45-60 minutes on 170 degrees.

When cooked it will look slightly moist on top still.

Allow to cool and cut into about 20 bite sized pieces. Best kept in the fridge in air tight container.

Macronutrient profile per piece, based on 20 servings.

Net Carbs 1.7g 8.3%, Protein 3.7g 18.5%, Fat 14.7g 73.2%, Calories 159 per serve