



# Graeme Thomas Online

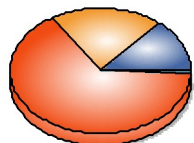
## Because "Good Enough", Isn't!

<http://graemethomasonline.com>

### Brownies (Coconut Flour)

Recipe grams: 540.07g/19.1oz

Serves 16 33.75g/1.2oz per serving



Protein: 14%  
 Carbohydrates: 20%  
 Fat: 65%  
 Alcohol: 1%

#### INGREDIENTS

- 1/3 cup COCONUT VEGETABLE OIL
- 1/2 cup COCOA, UNSWEETENED, POWDER, dry
- 6 large EGG, CHICKEN, RAW, whole, fresh
- 1/2 cup Organic Coconut Flour
- 1 tsp VANILLA EXTRACT
- 1/2 cup Splenda

#### DIRECTIONS

In a saucepan at low heat, melt butter and blend in cocoa powder. Remove from heat and let cool. In a bowl, beat together eggs, Splenda, salt and vanilla . Stir in cocoa mixture. Add well sifted coconut flour and whisk the batter well until there are no lumps. Fold in the nuts. Pour batter into a greased 8" or 9" square baking pan. Bake at 350' for 30-35 minutes.

Optional: 1 cup chopped walnuts or pecans.

Nutrition Facts	
Serving Size: 1 serving (33.8g)	
Servings: 1	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 4.5g	<b>25%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 80mg	<b>25%</b>
<b>Sodium</b> 25mg	<b>2%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	