His & Her Salted Caramel K. Brownie

**Servings: 2 Prep Time: 5 mins Cook Time: 3 mins**

1 1/2 tbsp Lupin Flour

1 tbsp Oat Fiber

1 tbsp Coconut Flour

1 tbsp Vital Wheat Gluten

2 tbsp Cocoa Powder

6 tbsp Sweetener of your Choice\*

2 tsp Baking Powder

1/8 tsp Baking Soda

1/4 tsp Xanthan Gum

1/8 tsp Salt

1 Egg

2 tbsp Grapeseed Oil

5 tbsp Non-Dairy Milk

2 tbsp Low Carb Vanilla Yogurt (optional)

1/2 tsp Vanilla Extract

**21g Lily’s Salted Caramel Chocolate Chips**

**Walden Farms Caramel Syrup**

**Sea Salt Flakes**

**Whipped Cream (optional)**

Special Equipment:

Large Ramekin

Mix together all dry ingredients: lupin flour, oat fiber, coconut flour, vital wheat gluten, cocoa powder, salt, baking powder, baking soda, xanthan gum, and sweetener in a bowl and set.

Now add in the egg, non-dairy milk, oil, yogurt, and vanilla extract. Stir again using a whisk, until you have a thick batter. Fold in 2/3 of the chocolate chip and save the rest to top the brownie.

Spray some oil into the ramekin, then pour in the brownie batter. Microwave for 3 minutes, then drizzle with some Walden Farms Caramel Syrup, then put the rest of the salted caramel chocolate chips on top. Sprinkle on a little sea salt flakes and top with some whipped cream. Serve warm.

\*I used Pyure in this recipe. If you use this brand, then only use 3 tbsp.

**Nutritional Facts for 1/2 of His & Her Salted Caramel K. Brownie:** 269.5 Calories, 3.7g Net Carbs, 21.4g Fat, 10.6g Protein.