His & Her 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 Semi-Sweet Chocolate Chips**

**Confectioners Swerve (optional)**

**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 sprinkle with some confectioners swerve, and put the rest of the chocolate chips on top. Add a touch of whipped cream if you like. Serve warm.

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

\*\*If you want this recipe to be more brownie-like, omit the yogurt.

**Nutritional Facts for 1/2 of His & Her K. Brownie:** 274 Calories, 3.1g Net Carbs, 22.0g Fat, 10.8g Protein.