



Chocolate Chip Bars

Description

Ingredients:

- 1/2 cup salted butter
- 1 3/4 cups almond flour
- 1/4 cup coconut flour
- 1/2 cup brown sweetener (I use Swerve Brown Sugar)
- 1 tablespoon grass-fed gelatin
- 1 teaspoon baking powder
- 2 eggs
- 1 teaspoon vanilla
- 1/2 - 3/4 cup chocolate chips
- 1/4 teaspoon flake salt

Instructions:

1. Preheat oven to 325 degrees F.
2. Line 8"×8" baking dish with parchment paper. Cut 2 slices of paper, 8 inches wide. Crisscross them in the baking dish to make a sling for easy removal after baking.
3. In a medium saucepan, bring butter to a simmer and allow it to brown. Stir often. This will take about 5 minutes. Set aside to cool.
4. In a large bowl, add almond flour, coconut flour, brown sweetener, gelatin, and baking powder. Mix well.
5. Add eggs and vanilla and use hand beaters to blend well.
6. Slowly add cooled butter and continue beating with hand beaters.
7. Finally, add chocolate chips and mix well.
8. Add batter to the prepared baking dish, top with flake salt, and bake for 25-28 minutes or until the edges are lightly golden brown.

Nutrition Information:

YIELD:12

SERVING SIZE:1 bar

Amount Per Serving: | **CALORIES:** 203 | **TOTAL FAT:** 19g | **SATURATED FAT:** 7.5g | **CHOLESTEROL:** 50mg | **SODIUM:** 54mg | **CARBOHYDRATES:** 6g | **NET CARBOHYDRATES:** 3g | **FIBER:** 3g | **SUGAR:** .5g | **PROTEIN:** 6g

Category

1. Gluten Free Recipes

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