

ZeroKrumb Chocolate Brownies

Ingredients:

- ½ cup (113g) unsalted butter
- 100g dark chocolate chips or chunks
- 2 large eggs
- 1 tbsp vanilla extract
- * **Real food sweetener of choice** (see options below)
- ⅓ cup (30g) **ZeroKrumbs**
- ½ cup (50g) extra chocolate chips, to fold in at the end

Optional: pinch of salt, cinnamon, or ½ tsp coffee powder for added depth if you want to lean into a mocha vibe.

* Sweetener Options (*Choose One*)

1. **No Sweetener at All** – For stricter carnivores
2. **½ ripe banana**, mashed – For a moist, gently sweet version
3. **2–3 Medjool dates**, soaked & blended – For a richer, caramel-like finish
4. **1–2 tbsp raw honey or maple syrup** – For a touch of ancestral sweetness

Method:

1. Preheat your oven to 180°C (350°F). Line a square baking tin (20x20cm) or 8-cup muffin tin with baking paper or grease generously with beef tallow or butter.
2. Melt the butter and 100g chocolate chips until smooth. Let cool slightly.
3. Whisk in the eggs, vanilla, and your chosen sweetener (banana/date/honey or none).
4. Stir in the ZeroKrumbs. Add a pinch of salt or cinnamon if using.
Let the brownie batter rest for 5–10 minutes before baking — this gives the ZeroKrumbs time to absorb moisture and helps the brownies set up beautifully.
5. Fold in the remaining ½ cup chocolate chips.
6. Pour into prepared tin or muffin tray:
 - For brownies: smooth out evenly in square tin
 - For brownie cups: fill each cup about ¾ full
7. Bake for 12–15 mins (muffins) or 15–20 mins (tray) — or until the edges are set but the centre is still slightly gooey (a toothpick should come out with a few moist crumbs).
8. Let cool for 5–10 mins before slicing or removing from the tin.

Serving Ideas: Enjoy warm with a dollop of whipped cream or carnivore cream cheese frosting

Freeze individual pieces for a quick, satisfying fat bomb snack

Serve with a coffee shot or as dessert after a carnivore roast

These brownies are delicious warm or at room temperature, and best stored in an airtight container to keep them fresh and fudgy for days

