

# Chocolate Keto Brownie



by  
**DR. JOCKERS**

comments  
**13**

shares  
**20**



[FDA Disclaimer](#)

[Affiliate Disclosure](#)

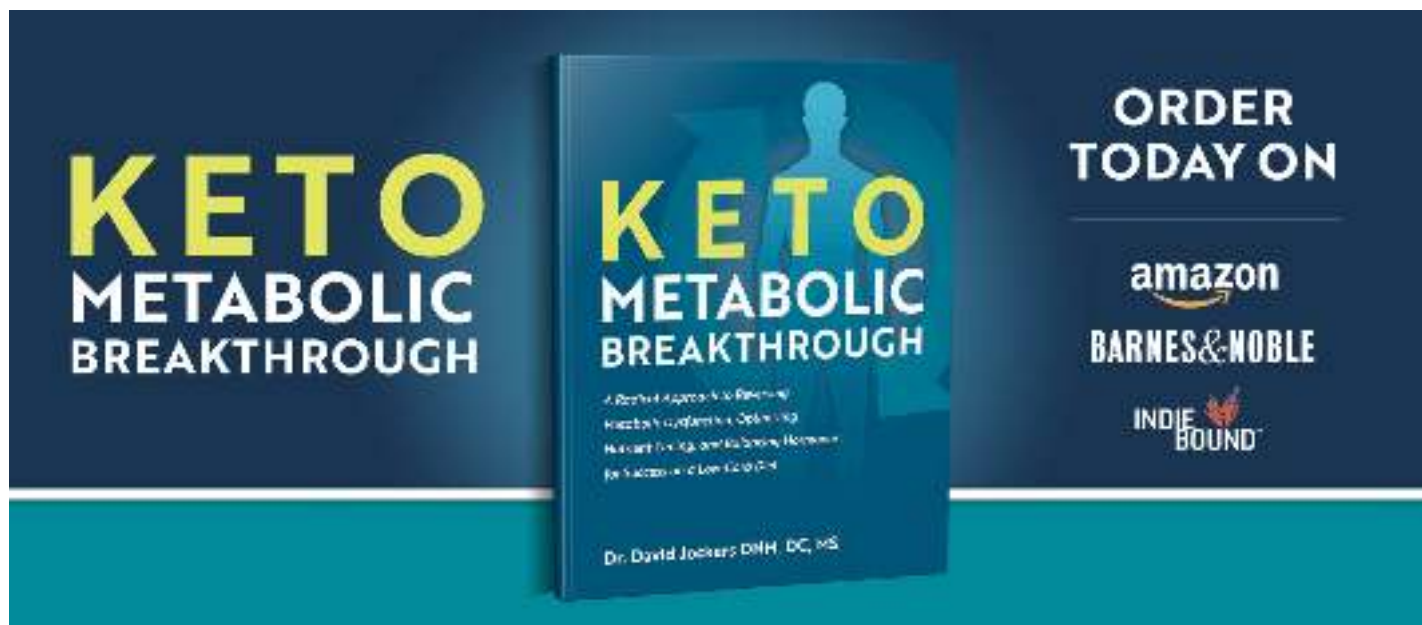
[Privacy Policy](#)



**Chocolate Keto Brownie**

This chocolate keto brownie recipe was made by my beautiful wife Angel who loves to make food, home and body care recipes that support people's journey to optimal health! Check out my wife's [website](#), [instagram](#) and [facebook page](#) where she shares stories and pics about our life. We absolutely love this keto brownie recipe as a family and enjoy it often.

If you enjoy recipes like this, you may be interested in my advanced nutrition and recipe book the [Keto Metabolic Breakthrough](#).



4 votes

PRINT

## Chocolate Keto Brownie

**prep:** 35 mins

**cook:** 14 mins

**total:** 49 mins

**author:** angel jockers

**yield:** 24 brownies

## Ingredients:

- 10 1/2 oz. stevia-sweetened [chocolate chips](#)
- 2 heaping tbsp. [coconut oil](#)
- 3 hass avocados, pitted and peeled
- 3/4 cup [monk fruit](#)
- 3 squirts of [liquid stevia](#)
- 1 dash of [himalayan pink salt](#)
- 1 tsp vanilla extract
- 3 organic eggs
- 1/2 cup [unsweetened cocoa powder](#)
- 1/2 cup less 1 tbsp. [coconut flour](#)
- 1 tbsp. purified water

## Frosting Ingredients:

- 1 medium-sized hass avocado, pitted and peeled
- 3 tbsp [unsweetened cocoa powder](#)
- 5 heaping tbsp [monk fruit](#)
- 2 tbsp [xylitol](#) or 2 extra squirts of liquid stevia
- 5 squirts of [liquid stevia](#)
- 1 dash of [himalayan pink salt](#)

## Optional:

- 1 tbsp organic grass-fed butter
- spiced pecans to place on top of brownies

## Directions:

**Step #1:** Preheat the oven to 400 degrees F.

**Step #2:** Line the base and sides of a 9 x 13 in pan with parchment paper, allowing some overhang.

**Step #3:** Melt the chocolate chips and coconut oil in a small pan on low heat, stirring until smooth. Then remove from heat and set aside.

**Step #4:** Place the avocado into a food processor or blender and process/blend until smooth. You will need 1 cup of avocado puree.

**Step #5:** Stir the avocado, monk fruit, liquid stevia, and vanilla extract into the cooled chocolate.

**Step #6:** Next, beat in the eggs. (I prefer to use an electric blender while making these brownies.)

**Step #7:** Stir in the coconut flour, cocoa powder, and water until the batter is smooth.

**Step #8:** Pour the batter into the prepared pan and spread to cover the pan and fill the corners. Smooth the top.

**Step #9:** Bake for 14 minutes or until the top is firm to the touch.

**Step #10:** Remove from oven and cool completely in the pan before lifting the brownie from the pan.

## Avocado Frosting Directions:

**Step #1:** Place frosting ingredients in a food processor or blender.

**Step #2:** Process/Blend, scraping down the sides as needed until very smooth.

**Step #3:** Spread over completely cooled brownies.

**Step #4:** Cut the brownie into 24 pieces. I store mine in an air-tight container in the refrigerator since it contains avocados. I'd recommend not keeping them over three days unless you are freezing extra batches.

## Notes

\*\*\*The nutrition info for this recipe is based on the linked ingredients above\*\*

\*\*Nutritional info does not include optional ingredients.

**courses:** dessert or snack



Nutrition Facts

Serving Size 1 brownie

Amount Per Serving

Calories 92

	% Daily Value
Total Fat 8 g	12%
Total Carbohydrates 8 g	3%
Dietary Fiber 5 g	20%
Protein 2 g	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.







## Angel's Comments

This recipe uses a lot of unique ingredients that may be new to you if you have just started a low-carb lifestyle. Don't be overwhelmed!! In the past, before I learned how to do this, I used wheat flour, sugar and other unhealthy ingredients that many of us grew up with.

At first, I thought using things like stevia, **coconut flour**, monk fruit, etc. were weird and too expensive for me. What I've noticed over time is that I have become so much more familiar with how to use these and as I experimented, I found it has become much more natural and easy.

When I first tried to buy these ingredients, it was challenging because many grocery stores didn't have the ingredients. So I had to go to specialty stores in order to get them. It was frustrating but now I feel like I am becoming an expert in it and it is a lot of fun!

For cost, remember that these natural sweeteners can go a long way. They are a lot upfront, but should last you a while.







## Dr Jockers Comments

I absolutely love this recipe! Chocolate, coconut, avocado and stevia/monk fruit are 4 of my absolute favorite food combinations! This is a ketogenic dessert in that it is low-carb and high in good fats, antioxidants and prebiotic fiber.

I personally don't do well with xylitol as a sweetener but I love [stevia](#) and monk fruit. If you don't do well with stevia, you can try the xylitol alternative in the recipe. Chocolate is one of the best performance superfoods because it is full of polyphenol antioxidants, PEA's and theobromine that help to increase dopamine and endorphins and improve blood flow to the brain.

Many people are turned off by the combination of avocados, coconut and chocolate...but I will tell you that it is truly a combination match made in HEAVEN!!!! The avocados give it more of a pudding like texture and add in fat-soluble antioxidants such as lutein and zeaxanthin and



**healthy fats.** You won't taste the classic avocado flavor...but will get the nutritional benefits and the smooth and creamy texture that is so enjoyable.

Try this out and let us know how you enjoyed it in the comments box below!!!





## Inflammation Crushing Ebundle

The **Inflammation Crushing Ebundle** is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and Thrive in Life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

In our **Inflammation Crushing Ebundle**, I have put together my very best strategies to reduce inflammation and optimize your healing potential. Take a look at what you will get inside these valuable guides below!





# Our Inflammation Crushing E-Bundle!



The *Inflammation Crushing Ebundle* is designed to help you **Improve Your Brain, Liver, Immune system** and Discover the Healing Strategies, Foods and Recipes to **Burn Fat, Reduce Inflammation and Thrive in Life!**

**DRJOCKERS.COM**  
SUPERCHARGE YOUR HEALTH

Was this article helpful?

Yes

No



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

#### Categories

[Desserts](#)[Recipes](#)

## Let's Improve Your Health Today!

Get instant access to **2 FREE eBooks** when you subscribe to Dr. Jockers' newsletter.



*"Join my tribe today to discover hidden strategies to improve your energy, brain, digestion & metabolism."*

— DR. DAVID JOCKERS



[Get Access](#)

100% privacy, I will never spam you!



## Comments

comments

## Comments

**Barb Anderson**

February 8, 2018 at 12:48 pm

I love your stuff, including great recipes. I have tried to print them to put in a binder but your site won't let me do that. Is there a way you know to be able to print your great stuff? I don't have time to hand write everything down unfortunately.

[Reply](#)

**Pat Rutan**

February 11, 2023 at 11:16 am

★★★★★

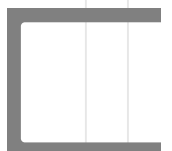
Hi Barb

If you have a simple word processing program, this is what I do. You can copy each recipe you love and paste it in a blank document. Then you can print from there!

Note: LibreOffice Writer is a free, open source alternative to Microsoft Word if you don't have the MS Office Suite. If your browser doesn't give you copy/paste options you can select what you want to print and use Ctrl-C on a PC keyboard or ⌘Cmd-C on a Mac keyboard to copy, then Ctrl-V or ⌘Cmd-V to paste).

Enjoy!

PJ





[Reply](#)**EvaJ**

February 11, 2023 at 12:49 pm

★★★★★

What brands of either dark chocolate bars or powders do you use? New info in consumer report talk about lead and cadmium levels in al! Dark Chocolate. I have tendency to purchase European chocolate if I can find it even Aldi's brand. I love it and recipe sounds delicious. Now almost afraid of consuming and I love dark chocolate in small doses.

[Reply](#)**Johanna**

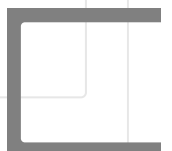
February 13, 2021 at 6:28 pm

Can substitute cooked sweet potatoes for avocados. It has same consistency and a lot of potassium. Bananas too. Can make flour out of seeds, nuts, potatoes, etc. I made a nice chocolate cake with pumpkin seed, coconut flour, flaxseed, oil (coconut probably but can use olive, or butter). In the Bible they baked cakes with flour and oil. Even used beans to make bread(Ezekiel).

[Reply](#)**Johanna**

February 13, 2021 at 6:30 pm

Zucchini also works well for moisture nutrition in baked goods. Steam it, blend in with other brownie) cake ingredients.

[Reply](#)

**Dr. Jockers**

February 15, 2021 at 8:51 am

Thanks for sharing Johanna!

[Reply](#)

**Johanna**

February 13, 2021 at 6:35 pm

Frostings, as well. I made a great frosting with just cooked sweet potatoes, coconut oil and honey. Was an accident but I realized it had some consistency as frosting. Im thinking mashed potatoes or even mashed cauliflower might work the same way.

[Reply](#)

**Nadia Bluhm**

July 20, 2021 at 11:27 am

I read that monk fruit is extremely sweet in very small amounts. Isn't 1 cup a lot in this recipe. I ordered the pure monk fruit from Julian bakery and it's quite expensive and not even sure it has one cup in the container.

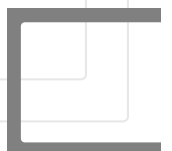
[Reply](#)

**Dr. Jockers**

July 20, 2021 at 4:54 pm

Yes but remember this recipe makes 24 brownies.

[Reply](#)



**r**

February 11, 2023 at 8:09 am

They look great, but are loaded with erythritol. Between the monkfruit you use – which is mostly erythritol not monkfruit, and Lily's chips – which is again mostly erythritol, not stevia. I have a stomachache just thinking about eating these. I may try making them subbing pure monkfruit (maybe 1/4- 1/2 tsp) and 92% chopped dark chocolate.

[Reply](#)**Di M**

February 14, 2023 at 6:24 am

★★★★★

Happened to have a few avocados on hand and decided to try this recipe. 2 large avocados were enough for a cup needed for the batter. The batter was lick off the spoon good. The cooked brownies tasted a bit dry, maybe because I left out the third avocado, and without another avocado to make the frosting, I cut them and put them in the fridge until the next day. There was some magical transformation once they got cold; they turned into a chunk of fudge. So delicious! No frosting is needed.

One, after dinner, is enough to satisfy the sweet tooth, and since I have to share this batch, that will give us 12 servings of fudgy treats each. Yes, erythritol causes your gut buddies to throw a party. You will not be rewarded for eating more of these in a day. One and done.

[Reply](#)**Colleen**

February 15, 2023 at 3:31 pm

★☆☆☆☆

I made these, but I was totally disappointed. The batter was so thick I could barely stir it and had to get out my big mixer because I was afraid of burning out the small hand held.



They are totally delicious but unless the recipe is incorrect (not enough liquid) I will not make them again. Took me all afternoon and into the evening to get them made.

[Reply](#)

## Stephanie

March 4, 2023 at 5:09 pm

How do you incorporate the butter into the recipe? Do you just add it to the other frosting ingredients?

[Reply](#)

## Leave a Reply

Your email address will not be published. Required fields are marked \*

**Comment \***

**Name \***

**Email \***



**Website**☐

Save my name, email, and website in this browser for the next time I comment.

**Recipe Rating****Post Comment**

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)

**Let's Improve Your Brain Health Today!**

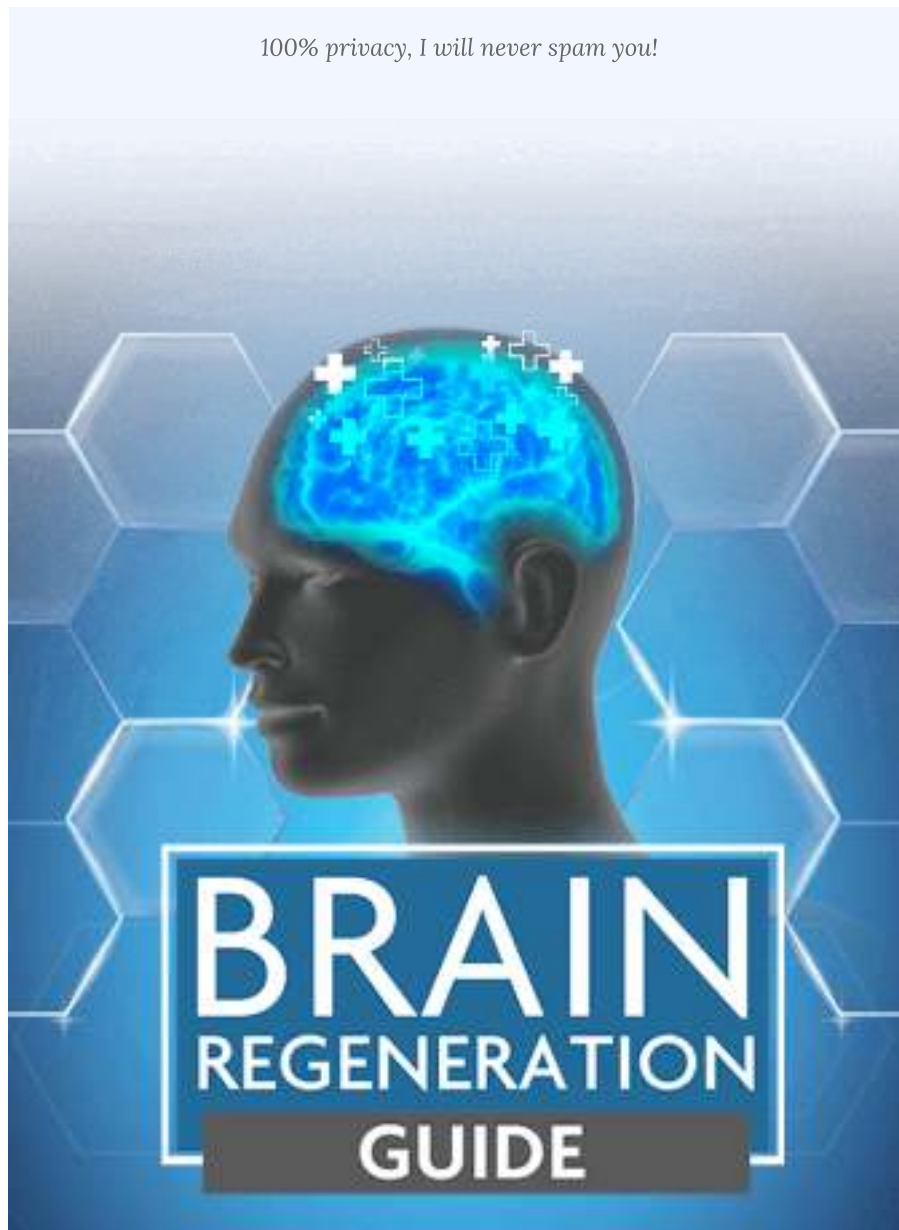
This image-rich 42 page, research based guide will show you the best strategies and protocols to:

- ✓ Heal a toxic brain.
- ✓ Stimulate brain cell autophagy.
- ✓ Regain control of your mood, memory and brain health.

Register for free today to get instant access!

**Get Access**

100% *privacy*, I will never spam you!






CHECK OUT THE DR JOCKERS  
**FUNCTIONAL NUTRITION PODCAST**

Dr. Jockers  
**FUNCTIONAL  
NUTRITION**  
PODCAST

**LISTEN HERE**

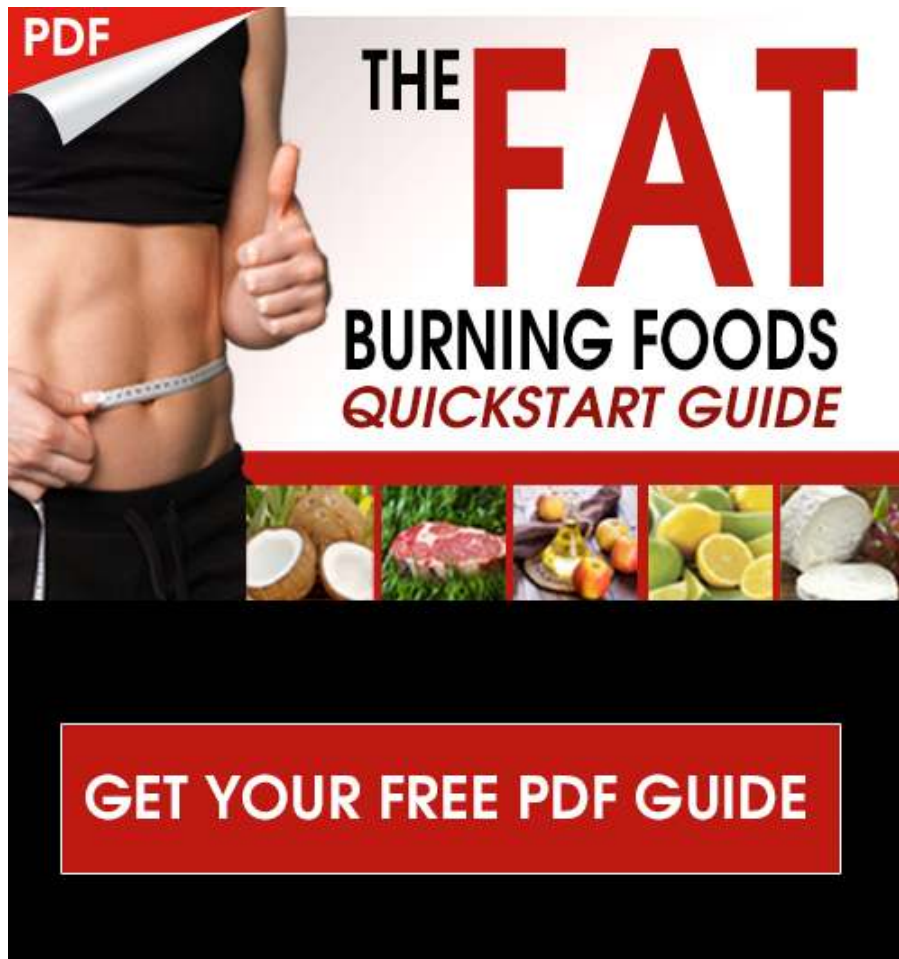
A promotional graphic for the Dr. Jockers Functional Nutrition Podcast. The graphic features a blue background with white chemical structures. On the right side, there is a portrait of Dr. Jockers, a man with short brown hair, smiling, wearing a blue polo shirt. The text 'CHECK OUT THE DR JOCKERS FUNCTIONAL NUTRITION PODCAST' is at the top in white. Below it, 'Dr. Jockers' is written in a smaller font, followed by 'FUNCTIONAL NUTRITION' in large, bold, blue letters, and 'PODCAST' in white letters on a blue rectangular background. At the bottom, there is a blue button with the text 'LISTEN HERE' in white.



**Navigating the Ketogenic Diet Program**

**The Ultimate Guide to Getting into Ketosis**

**Learn More**



**PDF**

# THE **FAT**

## BURNING FOODS

### *QUICKSTART GUIDE*

**GET YOUR FREE PDF GUIDE**

**DRJOCKERS.COM**  
SUPERCHARGE YOUR HEALTH

Search...



[DrJockers.com Privacy Policy](#)

[Contact Us](#)

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.



## Health

[Hot Topics](#)

[Health News](#)

[Ketogenic Diet](#)

[AutoImmune](#)

## Recipes

[Beverages](#)

[Main Dishes](#)

[Side Dishes](#)

[Beverages](#)

[Snacks](#)

[Desserts](#)

## Programs

[Ketogenic Program](#)

[Digestive Health Restoration Program](#)

[Cancer Cleanse Detox Program](#)

[Autoimmune Elimination Program](#)

[Super Brain Program](#)

[The Sugar Detox Program](#)

[Contact](#)

© 2023 DrJockers.com. All Rights Reserved.

