



Brownie cheesecake bites

Delicious chocolate-y treat, very rich so you don't need a lot! Serves 16. Per serve: Cal: 215; Fat: 16.8g; Pro: 9.1g; Carbs: 5.4g

Serves: 18, Prep time: 00:20, Cook time: 00:45

Instructions

Preheat oven to 170 degrees celcius. Line a springform 23 inch cake tin with non stick baking paper, and lightly grease the bottom and sides with melted coconut oil or olive oil.

Use a food processor or a whisk to whisk together the almond meal, unsweetened almond milk, 1 cup of the cocoa powder, flaxmeal, baking powder, 0.25 cup of the stevia, coconut oil and 1 teaspoon of the vanilla extract. Blend until thoroughly combined.

Pour into cake tin and bake 12 minutes or until cooked through (should be springy in the middle when you test, a knife comes out clean). Leave to cool.

Use your food processor to blend the cottage cheese, egg yolks, remaining 0.75 cup of cocoa powder, remaining 0.25 cup stevia and 1 teaspoon of the vanilla extract until well blended.

Pour cheese mix on top of the brownie, top with the chocolate chips and bake for 30 minutes. Turn oven off and leave for an additional 5 minutes. Take out and leave to cool for 20 minutes (it will look underdone) before putting in the fridge to chill for at least 6 hours or overnight.

Cut into squares or slices, serve with whipped cream, yoghurt, or whatever you wish.

**I used cottage cheese, but you could use any soft cheese such as ricotta, cream cheese etc*

Ingredients

- 1 cups Almond meal
- 1.75 cups Unsweetened cocoa powder
- 250 milliliters Almond milk, unsweetened
- 1.5 teaspoon Baking powder
- 0.5 cups Coconut oil, melted
- 2 tablespoon Ground flaxmeal
- 0.5 cups Equal Natural Sweetener (Stevia)
- 2 teaspoon Unsweetened vanilla extract
- 3 Egg yolks
- 500 grams Cheese, Cottage
- 0.5 cups Healtheries chocolate chips, sugar free