



1/2 c. ghee
4 oz. unsweetened baking chocolate
1/3 c. maple syrup
1 T. vanilla
3 eggs
1 c. almond flour
1/4 t. salt

Preheat oven to 350 degrees F. Line an 8 x 8 inch baking pan with parchment paper buttered on both sides. Gently melt chocolate and ghee together either in a double-boiler or in the microwave in a microwave-safe bowl. Be careful not to burn the chocolate. Stir to thoroughly combine. Set aside to cool slightly.

In a medium bowl combine syrup, vanilla, eggs, almond flour and salt. Stir in the chocolate mixture. Pour batter into lined baking pan, smooth the top and bake about 25 minutes, until set. Remove from the oven, and allow to cool.

Frosting:

1/4 c. ghee
2 oz. unsweetened baking chocolate
2 T. honey

Melt ghee and chocolate together as before. Stir in honey. Pour over the cooled brownies and refrigerate until set. Cut into squares. Store in the refrigerator.

© Betsy Leighton / dairyfreegaps.wordpress.com