



PUMPKIN SWIRL BROWNIES

Keto/Low Carb

Recipe by Deedee (@ketowithdeedee) and featured on MariGoldBars.com

"I was craving brownies, and I decided to add a pumpkin swirl. They came out so delicious. These would be great for thanksgiving too!"

- Deedee

INGREDIENTS:

The Best Keto Brownies:

- 1/2 C Unsalted butter, melted & hot
- 1 C Granulated sweetener (i.e. allulose)
- 1 TBSP Olive or Coconut oil
- 2 Eggs, room temp
- 2 TSP Vanilla extract
- 1/2 C Almond Flour
- 1/2 C Unsweetened Cocoa
- 1/4 TSP Salt
- 1/2 C @choczero Chocolate chips, optional
- 1 Scoop MariGold Mocha Collagen Protein Coffee Powder

Pumpkin swirl (adapted from @laurenfitfoodie):

- 1 Scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1/2 C Almond flour
- 3 TBSP Granulated sweetener (i.e. allulose)
- 3/4 TSP Baking powder
- 1/4 TSP Baking soda
- 1 TSP Pumpkin pie spice
- 1 Egg
- 3/4 C Pumpkin purée
- 1/2 TSP Vanilla extract

DIRECTIONS (Brownies):

1. Whisk butter & sweetener really well, until combined.
2. Add in eggs and beat with electric mixer for 2 minutes until completely combined.
3. Add in all other ingredients and stir together with a rubber spatula or spoon until just combined. Be careful not to over mix!! Pour in an 8x8 parchment lined pan and make the pumpkin layer.

DIRECTIONS (Pumpkin Layer):

1. Combine all dry ingredients.
2. Blend pumpkin, egg, sweetener, and vanilla. Combine dry ingredients into wet ingredients. Swirl pumpkin mixture into your brownies.
3. Top with more @choczero chocolate chips, if desired. Bake at 350 for 25-30 minutes until done.



Featuring MariGold
Mocha Collagen Latte Protein Coffee
Creamy Vanilla Protein Powder
(MariGoldBars.com)

