



Instant-Pot Flourless Brownies

Guess what? You can bake in an Instant Pot! Megan Gilmore shows us how in her cookbook, “The Fresh & Healthy Instant Pot Cookbook.” Plus, these brownies are lower in sugar and fat than traditional treats. Sounds like a win/win.

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Makes 16

Ingredients

3/4 cup almond butter
3/4 cup coconut sugar
1/3 cup raw cacao powder
1 large egg
1/4 teaspoon fine sea salt
1/2 teaspoon baking soda
1/2 teaspoon pure vanilla extract
1/2 cup dark chocolate chips, optional
1 cup water

Directions

1. Line a 7-inch round pan with parchment paper. In a large bowl, stir almond butter, sugar, cacao powder, egg, salt, baking soda, and vanilla to create a thick batter.
2. Transfer the batter to the pan and spread evenly using your hands. Sprinkle with chocolate chips, if using, and gently press into the batter.
3. In the base of the Instant Pot, pour water. Arrange the handled trivet in the bottom. Place the pan on top and cover with a plate flipped upside down or a sheet of parchment paper to protect the brownies from condensation.

4. Secure the lid and move the steam release valve to Sealing. Select Manual/Pressure Cook to cook on high pressure for 15 minutes.
5. When cooking cycle is complete, let pressure naturally release for 10 minutes. Move the steam release valve to Venting to release any remaining pressure. When the floating valve drops, remove the lid.
6. Using oven mitts, remove the pan and trivet from the Instant Pot. Let cool completely in the pan before cutting, as the brownies will be very fragile when warm. Store in an airtight container in the fridge up to 2 weeks.

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