

Helergon Kitchen

Zero Sugar Brownies with Greek Yogurt

15 min Prep time	**25 min** Cook time	**40 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup dark chocolate (70% cacao), chopped
- [ ] ½ cup unsalted butter
- [ ] ½ cup erythritol
- [ ] ¼ cup Greek yogurt (full-fat)
- [ ] 2 large eggs
- [ ] ¼ cup unsweetened cocoa powder
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp vanilla extract
- [ ] ¼ tsp sea salt

Optional Topping

- [ ] 2 tbsp sugar-free chocolate chips
- [ ] 1 tbsp chopped walnuts

Instructions

1. Preheat the oven to 350°F (175°C) and line an 8-inch square pan with parchment.
2. In a heat-proof bowl, melt chocolate and butter together over simmering water, stirring until smooth.
3. Remove from heat, whisk in erythritol, then blend in Greek yogurt, lemon juice, vanilla, and eggs one at a time.
4. Sift cocoa powder, sea salt, and gently fold into the chocolate mixture; avoid over-mixing.
5. Pour batter into the prepared pan, sprinkle optional toppings, and bake for 22-25 minutes until the edges are set but the center still jiggles slightly.

Nutrition per serving

120 kcal	4 g	7 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Check the brownies at 20 minutes; a light wobble is perfect.
- Let them cool completely before slicing for clean cuts.
- For extra shine, brush the tops with a tiny bit of melted chocolate after cooling.