

cup

210

15

110

45

110

44.3

we hope you love the brownies
as much as we do!

For twelve brownies you'll also need:

100g butter (or coconut oil for a plant based brownie)
4 eggs (or substitutes for a plant based brownie)

1 Empty your Keto Brownie Mix into a big bowl. Add your eggs (or substitute) and melted butter (or coconut oil). Set your electric whisk on a medium speed and whisk for **two whole minutes**. That's important if you want an even brownie. Grab a rubber spatula and gently stir, making sure every last bit of the mix has been combined.

MIX

2 Grease a square 8 inch brownie tin and empty your mix inside. Use the rubber spatula to spread it out evenly.

PREP

3 Bake your mix at **180 degrees celsius** for **fifteen minutes**. Make sure it's baked by sticking a toothpick in - if it comes out easily with a few sticky crumbs, it's done. When it's cool, cut it into twelve perfect brownies.

BAKE

Scan the code to the right or visit
ketohana.co.uk/making-brownies
to follow along with our video recipe



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323g e

Ingredients: **almond flour**,
sweetener **erythritol***, &
stevia glycosides**,
cocoa, gluten-free baking
powder (monocalcium
phosphate, corn starch,
sodium bicarbonate),
vanilla powder

for allergens see
ingredients in **bold**
* naturally found in fruit
** only the most delicious
part of the stevia plant
made in a facility that
handles **nuts** and **peanuts**
once opened, store in a
cool dry place
best before see base
of pack

hello KETO HANA

We believe in long term food choices
That means we're selective about what we put into our bottles.
Our emphasis is on disclosing the best natural ingredients.
Never, ever, using refined sugar or preservatives.
And making sure whatever we eat tastes incredible.

KETO HANA



KETO BROWNIE MIX

CHOCOLATE BROWNIE
NO REFINED SUGAR



2.7g
net carbs

323g

	100g dry mix	Per slice (12 slices)
Energy (kJ)	1591	774
Energy (kcal)	581	186
Fat (g)	25	15
of which saturates (g)	5.5	5.8
Carbohydrates (g)	41	11
of which sugars (g)	1.7	0.4
of which polyols (g)	51	8.5
Fibre (g)	15	4.1
Protein (g)	15	6
Salt (g)	0	0

