



Kat James' Coconut Flour Brownies

1 ½ cups organic butter
8 1-oz squares unsweetened baking chocolate
6 organic eggs
1 cup xylitol
¾ tsp. sea salt
2/3 cup unsweetened coconut milk
2 tsp. cherry or vanilla flavoring
1 cup coconut flour
1 cup crushed walnuts (Optional)

1. Preheat oven to 350° F. Coat 17 x 11-inch pan with cooking spray.
2. Melt butter and chocolate over low heat. Remove from heat and let cool
3. Mix together eggs, xylitol, salt, coconut milk, and flavoring.
4. Fold flour into egg mixture and stir. Mix in chocolate and stir until smooth. Fold in nuts, if desired.
5. Pour mixture into prepared pan and bake 20-25 minutes or until knife comes out clean.

Courtesy of Kat James.

South Pacific Trading Company
Life is short. Drink it in.



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