

## The Best Paleo Brownies

1 C almond butter

1/3 C of honey, maple syrup or apple sauce (if you use apple sauce put in one banana too)

1 egg

2 Tbsp coconut oil, butter or ghee.

1 Tsp vanilla

1/3 C cocoa powder

1/2 Tsp baking soda

1. Preheat oven to 325 degrees f. in a large bowl (or food processor) whisk together the almond butter, honey, egg, coconut butter and vanilla. Stir in the cocoa powder and baking soda.
2. Pour the batter in a 9 inch baking pan, lined with parchment paper. Bake for 20 to 30 min. until the brownies are done but still soft in the middle.