

Lemon Brownies



Plan Z Phase: This is a Z3 (ZReboot) recipe.

These are amazing – even if I do say so myself! I found a classic Southern Living recipe and took out the sugar. I did a couple of other little things to get the texture I wanted, and it was good to go.

Servings: Makes 9 large brownies. I ate mine on a plate with a fork to feel fancy. These are good enough to serve to company at a dinner party!

Ingredients:

For the Brownies

- 1/2 cup of Swerve or ZSweet sugar substitute
- 1/2 cup of salted butter, softened. If you are pressed for time 15 sec on the microwave will soften it.
- 2 large eggs
- 2 tsp of lemon zest
- 2 Tbl of lemon juice from a fresh lemon
- 2 ounces of white chocolate chips, melted. I do 15 sec in the microwave and then stir. Do about 10 more seconds and stir. Cook too long and you will scorch your chocolate.

- 1 cup of regular white flour. I splurged on this. You can take out even more carbs if you do half almond flour but the brownies will be denser.
- 1/2 tsp of baking powder

For the Frosting

- 4 ounces of cream cheese softened. If pressed for time 15 sec in the microwave will soften it. Be sure it's out of the package.
- 1 cup of powdered Swerve or ZSweet
- 2 tsp of lemon juice from a fresh lemon
- 1 Tbl of whole milk or cream.

Instructions:

For the Brownies:

Preheat the oven to 350 degrees.

Line a 9" square baking pan with parchment paper and lightly spray with oil. I used coconut oil spray. If you are using a denser flour (like almond flour) you might want to use a slightly larger pan so your brownie will not be as dense.

In your mixer, add the sugar substitute and butter. Mix on medium for one to two minutes. Stop it halfway and scrape down the sides. Then start it back up. You want it a bit fluffy. Add the eggs one at a time. Beat to fully incorporate the first egg and then add the next one. Beat in the lemon zest, and juice. Beat in the white chocolate. Add the flour. Dust the baking powder over the top. Mix once again to finish up the batter.

Pour the batter into the pan. Take your spatula to spread it to the corners. The batter will be fairly thick. Bake for 22 – 25 minutes. Mine were done at 22. Test with a toothpick. If the pick comes out clean, they are done. Let them cool most of the

way in the pan. Then lift them out holding the parchment paper on both sides. Let them completely cool off on the counter. When they are fully cooled you can gently lift off the brownie block and put it on a nice platter.

While the brownies are cooling you can prepare your frosting. Just don't try to frost the brownies until they are fully cooled or your frosting will melt.

For the Frosting:

Beat the cream cheese for about a minute in your mixer until fluffy. Add the powdered sugar sub. Turn your mixer on low until you get the powdered sugar sub incorporated so it doesn't fly all over. Add the lemon juice and the milk or cream. Mix until smooth, won't take but a minute.

Spread the frosting over the cooled brownies.

Cut into squares of your preferred size when ready to serve. These will work well on a buffet cut into cubes too.

Enjoy!

Cheers,