

White chocolate and raspberry is such a delicious combination with these Keto Raspberry and White Chocolate Blondies. The result is a mouth-watering delight. Enjoy!

Servings - 25

Prep Time - 15 Mins | Cook Time - 25 Mins | Total Time - 40 Mins

Difficulty - Easy



Cuisine - American

RECIPE

KETO RASPBERRY AND WHITE CHOCOLATE BLONDIES

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Medium Fine Sieve](#)

[Non Stick Small Saucepan](#)

[Spatula](#)

[Lemon/Fruit Juicer](#)

[8 x 8 x 2 inch Silicone Baking Pan](#)

[2 Ltr Airtight Container](#)

INGREDIENTS

Chocolate

250 g White Chocolate High Fat

[1/4 Tsp White Chocolate Food Flavoring](#)

250 g Unsalted butter

Blondies

150 g Fresh raspberries

100 g FHALL Low Carb All-Purpose White Flour

1/2 Tsp Baking Soda

[280 g Monk-Fruit/Erythritol blend sweetener](#)

5 Large eggs

NOTE: For Gluten Free option use FHALL Low Carb Gluten-Free white flour plus add a further 1 tsp baking soda.

METHOD

Preheat the oven to 400°F/200°C or Fan 180°C/Gas Mark 6.

Line an 8 x 8 x 2 inch baking tray with parchment paper.

Chocolate

Chop the chocolate and the butter and add both to a heatproof bowl.

Place the chocolate and butter in the bowl and slowly melt them over the pan of gently

simmering water. Stir constantly to make sure the mixture does not burn.

Leave to cool slightly.

Blondies

In a large bowl, sift the flour and baking powder and add the sweetener. Mix until fully incorporated.

Remove the bowl of chocolate from the pan. Stir well with a spatula, then pour into the dry ingredients.

Stir until there are no lumps and the mixture is smooth and shiny.

In a medium bowl, lightly whisk the eggs. Add the eggs to the chocolate mixture along with the raspberries and mix well until combined.

Pour the chocolate and raspberry mixture into the lined tray and bake for 20-25 minutes. The edges will be set, but the centre should still be fairly soft.

Remove the cooked blondies from the oven and allow them to cool in the baking tray for around an hour.

Cut the blondies into 25 squares and serve.

STORAGE

Store in an airtight container for up to 5 days. You can freeze the blondies for up to 45 days but make sure you let them thaw in the fridge and then remove and let them sit until the blondies are at room temperature before serving.

NUTRITION FACTS

Per serving : 45 g | Calories 107 | Protein 1.9 g | Fat 9.4 g | Carbs 4.3 g | Fiber 2.1 g
Net Carbs : 2.2 g

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