

HOW TO INSTANT POT

GRAIN-FREE BROWNIES

No Oven Required!

Ingredients

- 1 egg
- 1/2 cup cashew or almond butter
- 1/4 cup arrowroot, cassava or gluten-free flour
- 1/4 tspn salt
- 3/4 cup maple or coconut sugar
- 1/3 cup maple syrup
- 2 tbsp ghee or butter, melted
- 1 tspn vanilla extract
- 3 tbsp cocoa powder
- 1 cup water

Directions

- Combine all of the ingredients, except the water, in a mixing bowl and stir to combine. Spoon all the contents into 6 small, greased ramekins that fit inside your Instant Pot.
- Pour the water into the stainless steel bowl of your IP, and then lower the steaming rack into the bowl. Stack ramekins (staggered) on top of steaming rack.
- Make a foil "tent" to cover the brownies so they are protected from moisture.
- Secure the lid. Close off the pressure valve and press Manual button.
- Set the time to 35 minutes on high.
- Allow the brownies to cook and when the cycle is complete, quick-release the pressure valve. Remove the lid when safe, and carefully transfer ramekins to the refrigerator to set.
- Leave them to chill for about 30 minutes , and then serve.
- You can top them with chocolate chips or crushed nuts like pecans, if you like.

Makes 6 servings