

Healthy Brownie Bites

Rich, Chocolatey, and Made with Better-for-You Ingredients

Sometimes you just need chocolate—but that doesn't mean you have to reach for a dessert loaded with refined sugar and empty calories. These Healthy Brownie Bites are rich, fudgy, and packed with wholesome ingredients that satisfy your sweet tooth while providing a little extra nutrition.

Made with almond flour, unsweetened cocoa powder, natural sweeteners, and dark chocolate chips, these bite-sized treats are perfect for portion control. They're ideal as an afternoon pick-me-up, a healthier dessert after dinner, or a grab-and-go snack for busy women.

The best part? They're incredibly easy to make and come together in under 30 minutes. Whether you're following a balanced lifestyle or simply looking for healthier dessert options, these brownie bites deliver all the chocolate flavor you crave in a perfectly sized treat.

Healthy Brownie Bites Recipe

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 12 brownie bites

Ingredients

- 1 cup almond flour
- $\frac{1}{4}$ cup unsweetened cocoa powder
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon sea salt
- 1 large egg

- $\frac{1}{4}$ cup pure maple syrup
- 2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup dark chocolate chips (70% cacao or higher)
- Optional: 1 tablespoon dark mini chocolate chips for topping

Instructions

Step 1

Preheat your oven to **350°F (175°C)**. Lightly grease or line a mini muffin pan.

Step 2

In a medium bowl, whisk together:

- Almond flour
- Cocoa powder
- Baking powder
- Sea salt

Step 3

In a separate bowl, combine:

- Egg
- Maple syrup
- Melted coconut oil
- Vanilla extract

Whisk until smooth.

Step 4

Pour the wet ingredients into the dry ingredients and stir until fully combined.

Fold in the dark chocolate chips.

Step 5

Divide the batter evenly among the mini muffin cups, filling each about $\frac{3}{4}$ full.

If desired, sprinkle a few dark mini chocolate chips on top.

Step 6

Bake for **12–15 minutes**, or until the tops are set and a toothpick inserted into the center comes out with a few moist crumbs.

Step 7

Allow the brownie bites to cool for 10 minutes before removing them from the pan.

Serve warm or at room temperature.

Nutrition Facts

Per Brownie Bite

Nutrient	Amount
Calories	105
Carbohydrates	8 g
Protein	3 g
Fat	8 g
Saturated Fat	3 g
Fiber	2 g
Sugar	5 g
Sodium	55 mg

Nutrient	Amount
Potassium	105 mg
Calcium	35 mg
Iron	1 mg

Nutrition values are approximate and may vary depending on the ingredients used.

Why You'll Love This Recipe

- Rich, fudgy chocolate flavor
- Naturally sweetened with maple syrup
- Made with almond flour instead of refined flour
- Bite-sized for easy portion control
- Ready in just 25 minutes
- Great for meal prep and lunchboxes
- Gluten-free when made with certified gluten-free ingredients

Helpful Tips

- Use high-quality unsweetened cocoa powder for the richest chocolate flavor.
- For extra protein, mix in a tablespoon of chocolate protein powder and add a splash of milk if needed.
- Fold in chopped walnuts or pecans for a delicious crunch.
- Store brownie bites in an airtight container at room temperature for up to **3 days**, or refrigerate for up to **1 week**.
- Freeze for up to **3 months**. Simply thaw at room temperature before enjoying.

Frequently Asked Questions

Can I make these dairy-free?

Yes! Use dairy-free dark chocolate chips, and the recipe will be completely dairy-free.

Can I use honey instead of maple syrup?

Absolutely. Honey works well as a natural sweetener and creates a slightly richer flavor.

Can I make these without almond flour?

Yes. Oat flour is a great substitute, though the texture may be slightly softer.

Are Healthy Brownie Bites actually healthy?

They're a healthier alternative to traditional brownies because they're made with almond flour, natural sweeteners, and dark chocolate while containing less refined sugar and offering more fiber and healthy fats. Like any dessert, they're best enjoyed as part of a balanced eating pattern.