

View Shopping Cart 0/\$0.00

[HOME](#) [ABOUT US](#) [CONTACT US](#) [RESOURCES](#) [MY ACCOUNT](#) [OUR BLOG](#)

search by keyword

GO

Limited Time Offer!
Join Our Newsletter And
Receive a \$5 OFF Coupon!

first name

email address

Subscribe

Category

- [Top Sellers](#)
- [Vitamin & Mineral Supplements](#)
- [Shop By Health Concerns](#)
- [Nutrition](#)
- [Coconut Oil](#)
- [Natural Sweeteners](#)
- [Skin Care Products](#)
- [Books & Accessories](#)
- [Supplies](#)

Top Sellers

1



[Vitamin D3 5000iu 120 softgels](#)
 \$26.96
 ★★★★★
[more details](#)

2.



[Liquid Vitamin B12 - Cinnamon](#)
 \$16.15
 ★★★★★
[more details](#)

[Daisy's Yeast Free Brownies](#)

Posted by Physician's Preference on 1/20/2011 to [Yeast Free](#)

Giving up sweets for the yeast-free diet can be a painful thing! Don't worry, we've got you covered. This yeast free brownie recipe will give you the sweet taste you crave to help you get through the day!



- 3/4 cups [unflavored coconut oil](#), in solid form, not liquid
- 1 1/8 cups [Sweet-n-Natural](#)
- 6 oz. unsweetened chocolate
- 3 eggs, room temperature
- 2 T. hot water*
- 1 1/2 tsp. instant espresso powder or instant coffee*
- 2 tsp. vanilla
- 1 cup oat flour
- 1 tsp. xanthan gum
- 2 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 - 3/4 cup pumpkin seeds, toasted and coarsely chopped (optional)

Preheat oven to 350 degrees. In a medium bowl, cream the coconut oil until no lumps remain. Add Sweet-n-Natural and continue creaming until no lumps remain. Place chocolate in a microwave safe bowl and microwave for 1 minute intervals at 50% power until chocolate melts. Be sure to stir after each minute—you do not want your chocolate to burn. Add the melted chocolate to the creamed coconut oil and mix well. Add eggs one at time, mixing well after each addition. Dissolve the espresso powder in the hot water and add to the egg mixture along with the vanilla. Mix well until incorporated. Set aside.

In a small bowl using a whisk, combine the oat flour, xanthan gum, cinnamon, baking powder and salt. Add the dry ingredients to the egg mixture in three parts, mixing well after each addition. Batter will be thick. Fold in pumpkin seeds. Line an 8x8 or 9x9 baking pan with parchment paper or foil so you have a 2 inch overhang on either side of the pan to ensure easy removal.

Bake the brownies for 20-25 minutes. The edges will be firm, but the middle will look and feel undercooked. You need this to ensure a fudgy texture. Over-baking results in dryer/crumbly brownies. Let brownies cool completely before cutting. Small puddles of oil are ok—they will be reabsorbed as the brownies cool.

**Note: You may substitute the water and instant espresso/coffee with 2 T. of strong brewed coffee.*

[Blog Home](#)

Categories

- [Omega 3](#)
- [Gluten Free](#)
- [Health & Fitness](#)
- [Health Concerns](#)
- [Healthy Recipes](#)
- [Joint Health](#)
- [Kids](#)
- [Multivitamins](#)
- [Energy](#)
- [Nutrition](#)
- [Yeast Free](#)
- [Physician's Preference](#)
- [Pregnancy](#)
- [Probiotic](#)
- [Sleep](#)
- [Supplements](#)
- [Thyroid](#)
- [Vitamins & Minerals](#)
- [Weight Loss](#)
- [Natural Sweeteners](#)

Recent Posts

- [ADHD & Nutrition](#)
- [New & Improved! Dr. Hotzes PowerPak](#)
- [Yeast- Free Roasted Chickpeas](#)
- [Re-think those quick snacks](#)
- [Fun Facts on the Fourth](#)

Archives

- [July 2012](#)
- [June 2012](#)
- [May 2012](#)
- [April 2012](#)
- [March 2012](#)
- [February 2012](#)
- [January 2012](#)
- [December 2011](#)
- [November 2011](#)
- [October 2011](#)
- [September 2011](#)