

SNACKS & TREATS

PROTEIN BROWNIES

INGREDIENTS:

- 2/3 Cup Almond Flour
- 1 ½ Cups Chocolate Chips Divided Use
- ½ Cup Coconut oil
- 2/3 Cup Coconut Sugar
- 2 Eggs
- ½ tsp Vanilla Extract
- 1 Scoop Bioteen Chocolate Whey Protein

METHOD:

Preheat oven to 180 degrees. Line a 20cmx20cm square pan with parchment paper and coat with cooking spray. Mix together the almond flour and protein powder. Place 1 cup of the chocolate chips and the coconut oil in a bowl and microwave until melted. Add coconut sugar to the chocolate mixture and stir until combined. Add eggs and vanilla to the chocolate mixture and stir until smooth. Fold almond flour mixture into the chocolate mixture until thoroughly incorporated. Pour the batter into the prepared pan and sprinkle the remaining ½ cup chocolate chips over the top. Bake for 25-30 minutes or until a toothpick comes out clean. Cool, then cut into squares and serve. Makes 12.

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