

PROTEIN POWDER RECIPES



HEALTHY CHOCOLATE BROWNIES



9 servings



45 minutes

**1 Brownie: 168 calories, fat 14g, carbs 9.6g,
sugar 4.6g, fiber 2.2g, & protein 8.3g**

INGREDIENTS

- 1.5 cup mashed overripe banana
- $\frac{3}{4}$ cup nut butter (almond, peanut, or cashew)
- $\frac{1}{3}$ cup cocoa powder
- $\frac{1}{3}$ cup [ProCare Health Chocolate Protein Powder](#)
- 1–2 tsp vanilla extract
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup chocolate chips (or 5.3 ProCare Calcium Dark Chocolate Bars for 33 less calories + added Calcium & Vitamin D)

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Line a square brownie pan with parchment paper or lightly grease it with oil.
2. Add mashed banana, nut butter, cocoa powder, chocolate protein powder, vanilla extract, and salt to a large bowl. Mix until evenly combined. Then, mix in the chocolate chips.
3. Pour brownie batter into the square pan. Spread across the pan in an even layer.
4. Bake brownies for 35–40 minutes. After, remove from the oven and allow brownies to cool completely. Finally, slice and enjoy!

TIPS & NOTES

1. Use a 7×7-inch or 8×8-inch baking pan.
2. Be sure you let the brownies cool completely before slicing them. They are super moist and, therefore, quite delicate when warm.
3. The nutrition information reflects $\frac{1}{2}$ cup chocolate chips. For a low sugar option, use stevia-sweetened chocolate chips.

NOTES

These brownies are perfect for a pre-workout snack or post-workout fuel. They are egg free and gluten free. They are flourless and contain NO added sugar!