



PROTEIN BROWNIES

COOK TIME: 40 MINUTES
PREP TIME: 20 MINUTES

*Original recipe from @fit_lib on Instagram.
Post appeared on livingthegraylife.com*

INGREDIENTS

- 3 scoops vanilla whey protein powder
- 3 scoops plant-based protein powder
- 2 Tbsp. cocoa powder
- 1 tsp. salt
- 1 tsp. baking soda
- 2 tsp. baking powder
- 1 packet sugar free chocolate pudding mix
- 4 eggs
- 1 can pumpkin puree
- 1 Tbsp. vanilla
- 1 cup unsweetened almond milk

DIRECTIONS

Preheat oven to 350.

Mix protein powders, cocoa powder, salt, baking soda, baking powder, and the chocolate pudding mix together in a bowl.

In a larger, separate bowl, mix together eggs, pumpkin, vanilla, and almond milk. Stir together until combined.

Slowly incorporate dry mixture into wet mixture, stirring until combined.

Pour batter into a greased 9x13 baking dish. Bake for 40 minutes or until brownies begin to smell delicious and a toothpick comes out clean. Cut into 16 pieces and enjoy!!

MACROS: 93 CAL, 2.4 F, 6.2 C, 11.4 P

*macro content will change depending on protein powders used