



CHOCOLATE PROTEIN BROWNIES

Gluten Free / Low Sugar / High Protein

Recipe by Kat (@katalysthealth) and featured on MariGoldBars.com

"Protein Brownies anyone? Why sacrifice goals for dessert when you can do both!"

- Kat (@katalysthealth)

INGREDIENTS:

- 1/2 cup almond butter
- 1/4 cup pumpkin purée
- 2 bananas, ripe
- 1 egg, room temp
- 1/4 cup cocoa powder
- 1/4 cup MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- Chocolate chips



DIRECTIONS

1. Preheat oven to 350 degrees & prepare an 8inch skillet.
2. Mix together almond butter, pumpkin & bananas until smooth. Add egg & mix until incorporated.
3. Stir in cocoa powder, protein powder, baking soda & baking powder.
4. Pour into skillet, top with chocolate chips & bake for 18 minutes.

Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldBars.com)

