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Courtesy of Anna Sward @proteinpow.com

Vegan Protein Brownies

Ingredients:

Ground almonds, 1 cup
Cannellini beans, unsalted and drained, 1 can
Pea protein powder (vanilla or plain), 3/4 cup
Cocoa powder, 3/4 cup
Coconut sugar, 1/4 cup
Coconut oil 2 tbsp
Almond milk, 1 cup
Almond butter, 4-1/2 tbsp
Sea salt, 1 tsp
Baking powder, 1 tsp

Directions:

1. Using a handheld immersion blender or a food processor, blend all ingredients together until you get a smooth batter.
2. Once blended, pour into a small brownie tray.
3. Bake at 340 degrees F (around 170 C) for about an hour or until an inserted knife comes out relatively clean. Be careful not to overbake the brownies: you want them a bit gooey in the center.

Note: To elevate your brownies a couple of notches, add dark or white chocolate chips, pecan, or walnuts to your batter before baking!