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## **Chocolate Avocado Protein Brownies**

### **Ingredients:**

All-purpose flour, 2 cups

Sugar, 1 cup

Dymatize Elite 100% Whey Chocolate Cake Batter protein, 3/4 cup

Baking powder, 1 tsp

Salt, 1 tsp

Mashed avocado, 1 cup

Vanilla or plain soy milk, 1/2 cup

Water, 1/3 cup

Vanilla extract, 1 tsp

### **Directions:**

1. Preheat the oven to 350 degrees F. Lightly grease a 9x13 baking dish. Set aside.
2. In a medium-sized mixing bowl, sift together flour, sugar, protein powder, baking powder, and salt until well combined. Set aside.
3. In a large mixing bowl, beat together avocado, soy milk, water, and vanilla extract.
4. Add the dry ingredients, mixing until well combined.
5. Pour into baking dish and bake for 30-35 minutes, or until the top is no longer shiny and a toothpick inserted into the center emerges with only a few crumbs.
6. Allow brownies to cool completely in the pan, then cut into squares and serve.