



Courtesy of Anna Sward @ Proteinpow.com

Protein Brownies

Ingredients

- 1 cup of liquid egg whites
- 1 can (200g) of unsalted cooked black beans
- 3/4 cup of chocolate Myofusion protein powder
- 1/4 cup of cocoa
- 1/4 cup of agave syrup, date syrup, honey or Walden Farms' calorie-free chocolate sauce
- 3 tbsp coconut flour
- 5 tbsp cottage cheese
- 1/2 tsp of baking soda
- 1-3 tbsp of peanut butter (optional but really nice)

Directions

1. Using an immersion blender or food processor, blend all the ingredients together. Bear in mind that what you want to end up with is a thick pancake-like batter. If your batter is too runny, add a tbsp more of coconut flour until it thickens. If it's too thick, add an extra egg white or two.
2. Once your mixture is perfect—smooth and thick, yet pourable—bake it in a small brownie pan at 160 C (320 F) for about 45 minutes to an hour, or until an inserted knife comes out clean.

Nutrition Facts

Serving Size Per Brownie (recipe makes 12)

- Calories 93 kcal
- Protein 9.3 g
- Carbs 8.1 g
- Fat 1.9 g and 2.6 g

Notes:

There are several variations you can make to this recipe:

1. If you don't want to try the black beans, feel free to substitute them with any of the other moisturizers mentioned above. Bear in mind, though, if you use pumpkin puree or cooked sweet potato, you'll probably want to add a bit more coconut flour to thicken your batter (a tablespoon or two should do the job).
2. If you like your brownies extra chocolaty and sweet, add either 1/4 cup of Walden Farms' calorie-free chocolate sauce to the mix, or 1/8 cup of Splenda and 1/8 cup of extra cocoa powder.
3. If you want to substitute the coconut flour, you can. Try ground oats, or a combo of ground oats and ground almonds. You'll probably want to add a lot more than 3 tbsp of either of them to thicken the batter though, so just eyeball it and add enough until your batter looks like, well, brownie batter.
4. If you want to add an extra element of oomph to the brownies, throw some chopped nuts or dark chocolate chips into the batter before for you bake it!