

Microwave Brownie



Ingredients

For 1 serving

- 45g Chocolate Protein Powder
(I like PeScience Select Chocolate)
- 2g Baking Powder
- 4g Cocoa Powder
- 70g Unsweetened Almond Milk
- 15g Chocolate Chips

Directions

1. Place bowl on food scale (zero out)
2. Then measure in grams protein powder, baking powder and cocoa powder. (Break up as many clumps as possible)
1. Place bowl back on food scale and add almond milk and stir.
2. Microwave for 3x 30 seconds intervals!
3. Top with chocolate chips after first interval

Enjoy while still hot!

** You can add an extra topping of chocolate chips, frozen yogurt, sliced banana or any fruit!

This snack will really help curb nighttime cravings!

