Baked Brownie **Gatneal**

Ingredients

For 6 servings

- 2 cups of Coconut Milk or Almond Milk
- 1/3 cup Pure Maple Syrup
- 1/3 cup Pure Honey
- 1/2 cup Natural PB or Almond Butter
- 1tsp Pure Vanilla Extract
- 2 cups Oats (Quick, rolled or even steel cut will work)
- 2 Scoops Chocolate Protein Powder
- 1/4 cup Cocoa Powder
- 1tsp Baking Powder
- 1 Tbsp Ground Flaxseed
- Dash of Sea Salt or Pink Himalayan Salt
- 1/3 cup Chocolate Chips



**Add shredded coconut or crushed walnuts or pecans for added crunch!

Directions

1. Preheat oven to 350 degrees and line baking pan with parchment paper

2. Add first 5 ingredients to large bowl and whisk together

3. Add all other remaining ingredients and combine with spatula

4. Pour into pan and bake for 45 minutes

5. Top with chocolate chips/other toppings (optional)

