

Gluten-Free Protein Brownies



PREP TIME

10 mins

COOK TIME

40 mins

TOTAL TIME

50 mins



COURSE

Dessert, Gluten Free



SERVINGS

18 brownies

CALORIES

140 kcal

INGREDIENTS

- 2½ c soy milk unsweetened
- ½ c applesauce unsweetened
- 2 Tbsp flax meal
- 6½ scoops Tru Protein Powder chocolate
- 1 c baking stevia
- ¾ c buckwheat flour
- ¾ c cocoa powder
- 3 Tbsp cornstarch
- 1 tsp salt
- 1 tsp baking soda
- ½ c mini vegan chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F/175°C and line a 9x13 baking tray with parchment paper.
2. In a small mixing bowl, combine all the wet ingredients and set aside.
3. In a large mixing bowl, combine all the dry ingredients until well combined.

4. Add the wet ingredients to the dry and mix until you get a batter consistency.
5. Pour batter into the pan and bake at 350°F/175°C for 35-40 minutes or until firm in the middle.
6. Let the brownies cool completely before cutting. Cut into 18 equal portions. (6x3)

NUTRITION

Nutrition Facts

Gluten-Free Protein Brownies

Amount Per Serving

Calories	140	Calories from Fat	36
% Daily Value*			
Fat	4g		6%
Carbohydrates	16g		5%
Fiber	2g		8%
Protein	10g		20%

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?

Let us know how it was!
