

Fudgy Vegan Protein Brownies



PREP TIME

10 mins

COOK TIME

35 mins

TOTAL TIME

45 mins



COURSE

Dessert, Gluten Free, Snacks



SERVINGS

12 servings

CALORIES

199 kcal

INGREDIENTS

Wet Ingredients

- 3 large ripe bananas mashed
- $\frac{3}{4}$ c Cashew Butter
- 1 c ripple pea milk (or other non-dairy milk)
- 2 tsp vanilla extract

Dry Ingredients

- $\frac{1}{2}$ c flour of choice
- 4 scoops Orgain creamy chocolate fudge protein powder (Or 1/2 c (60g) vital wheat gluten + Sweetener of choice)
- $\frac{1}{2}$ c cocoa powder
- $\frac{1}{4}$ tsp salt
- 1 tsp baking powder
- $\frac{1}{2}$ c dark chocolate chips

INSTRUCTIONS

1. Preheat your oven to 350°F/175°C

2. In a large bowl mix together mashed banana, cashew butter, non-dairy milk, and vanilla. Mix well.
3. In another bowl mix the flour, protein powder, cocoa powder, salt and baking powder.
4. Add the dry ingredients to the wet ingredients and mix well. The mixture will be very thick.
5. Fold the chocolate chips into the mixture until well incorporated.
6. Pour batter into a greased 8x8 inch baking pan. Use the back of a spoon to make sure the batter is level.
7. Bake for 35 minutes or until a toothpick comes clean. Cut into 12 brownies.

NUTRITION

Nutrition Facts

Fudgy Vegan Protein Brownies

Amount Per Serving	
Calories 199	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Carbohydrates 22g	7%
Protein 8g	16%

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

 Tried this recipe?

Let us know how it was!