

Protein Brownie



Ingredients

8 Chunks

4 Overripe Bananas

2.5 Tbsp. Smooth Peanut Butter

2 Heaped Tbsp. Cocoa Powder

1 Scoop Protein Powder

1 Tbsp. Dark Choc Chips

Coconut Oil for Greasing

Option:

Replace the Protein Powder with

2 Tbsp. Ground Almonds

Method

Preheat the oven to 170c (fan)

Grease a small baking dish with coconut oil.

In a large bowl, mash the bananas and then add in the peanut butter and mix. Stir in the cocoa powder and protein powder (or the ground almonds).

Add the mix into the baking dish and top with the dark chocolate chips.

Bake for 17-20 minutes or until cooked through.

Cool before cutting into chunks.

Cover and store in the fridge.