



COSMIC CHOCOLATE PROTEIN BROWNIES

Protein-Packed / Keto-Friendly / Low-Carb / Sugar-Free

Recipe by Katie (@cookingkatielady) and featured on MariGoldFoods.com

"Only 64 cals!! These are so gooey & yummy!!"

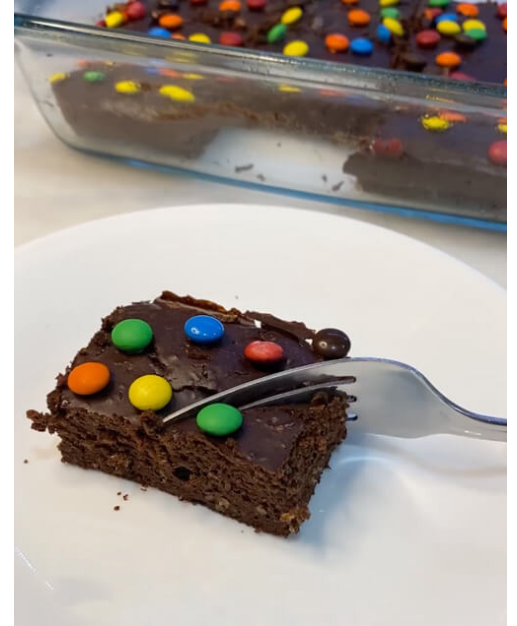
- Katie

INGREDIENTS (makes 12):

- 1/4 cup sugar-free dark chocolate chips
- 1 cup plain nonfat Greek yogurt
- 1/2 cup vanilla unsweetened almond milk
- 1/2 cup 0 cal sugar substitute (I used Swerve)
- 1/4 cup oat flour (or flour of choice)
- 60g MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp salt
- Sugar-free chocolate candies for topping (optional)

DIRECTIONS:

1. Preheat the oven to 350 F. Spray an 11 x 7 inch pan with nonstick spray and set aside.
2. In a microwave-safe bowl melt your chocolate. Let sit for 1-2 minutes, before adding your brownie mixture.
3. In the meantime, in a large bowl combine the Greek yogurt, almond milk, swerve, flour, protein, cocoa powder, baking powder, and salt. Mix until just combined. Fold in your melted chocolate chips.
4. Transfer to your baking dish and bake the brownies for 25-30 minutes.
5. Once the brownies are cooled, top with chocolate candies of your choice (usually I would use sugar-free chocolate candies but my local grocery store was out so I had to settle for m&m's)
6. Cut into 12 equal-sized pieces and enjoy!!



Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldFoods.com)



Macros (per brownie) - Info provided by Katie (@cookingkatielady)

Note: Macros do not include candy toppings- will vary depending on what you use.

64 Calories
2g Fat
6g Carbs
6g Protein