

## Nutrition Facts

Servings Size: 1 Brownie Bite

Recipe Makes: 30 Servings

Amount Per Serving

**Calories** **28**

**Total Fat** 0.5g

**Total Carbohydrate** 3.5g

**Protein** 2.5g



# Breakfast Protein Brownie Bites

### INGREDIENTS (make 30):

- 80 Oats
- 40g [Flex Chocolate Whey/Casein Blend Protein Powder](#)
- 20g [Brownie Batter Protein Cookie Butter Powder](#)
- 8g Zero Cal Sweetener
- 5g Baking Soda
- Big Pinch of Sea Salt
- 140g Canned Pumpkin
- 200g Fat Free Fairlife Milk
- 100g Egg Whites
- 30g Mini Chocolate Chips

1. Add all your dry ingredients into a small blender. Blend till oats are fine.
2. Then add wet ingredients in there and blend till smooth.
3. Then add a little bit of mini chocolate chips to each. Mix those in.
4. Add to oven preheated on 350 degrees F for 13-15 minutes.
5. Let cool for 10-15 minutes and then enjoy!
5. Now flip the crust back over to the top and add all your toppings.

\* Make sure you use a high quality whey/casein blend protein powder because these are so low calorie and will dry out if not.

\*You can use a vegan protein powder as well. Just make sure it tastes really good because it will overpower this recipe. I actually like this recipe better with a vegan protein powder tbh.