## **Nutrition Facts**

Servings Size: 1 Brownie Bite Recipe Makes: 30 Servings

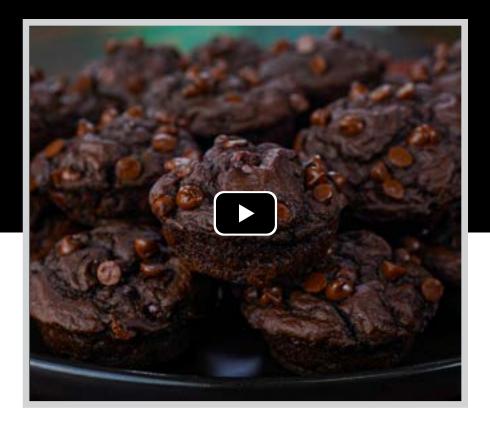
Amount Per Serving Calories

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