

Sugar Free Chocolate NuttZo Protein Brownies

Description

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Do you like brownies nice and gooey in the center or fluffy like a cake? I prefer the gooey version, making me feel like I'm indulging in something that packs 500 calories into each tiny square. That's not hard to find, just go to Starbucks or any place selling brownies and their uber-rich baked goods are sure to all be around 500 calories for one serving. Luckily, these brownies offer all of the tastebud pleasing flavor with lower calories.



Maybe calories are what you're after, but it's best to get them from more nutritive sources like fresh fruits, veggies and lean protein. The gobs of refined sugar and oil used for most baked goods won't do much for your body besides put you on the [fast track to diabetes-ville](#).



Instead, satisfy your sweet tooth and support a healthy body with these decadent and guilt-free brownies.

Sugar Free Chocolate **NuttZo** Protein Brownies

Ingredients:

- 3/4 cup of [stevia sweetened protein powder](#)
- 1/2 cup [oat bran](#); substitute with 1/4 cup + 2 tablespoons [coconut flour](#) to make these gluten free
 - 1/4 cup [unsweetened raw cacao powder](#)
- 1/2 cup [Dark Chocolate](#) or [Original NuttZo](#) (use [crunchy](#) if you want a little crunch in your brownies)
 - 1 tsp [aluminum-free baking powder](#)
 - Pinch of salt
 - 2 eggs or 3/4 cup egg whites
- 1/4 cup low fat cottage cheese or plain Greek yogurt (Use vanilla flavor for a sweeter brownie)
 - 1/2 cup [pumpkin puree](#) or mashed banana
- 1/2 cup milk of choice; I used unsweetened almond milk

The easiest directions ever:

- Add all ingredients to large bowl, blender, or food processor and blend well.
- Pour into 7x11in brownie pan lined with parchment or greased with [coconut oil](#)
- Bake for about 30 minutes at 350 degrees F. Stick a butter knife in the center to see if it comes out clean. If not, let bake another 5 minutes but watch it closely!



Include your kids by having them mash the bananas and help measure ingredients. When kids participate with healthy food prep in the kitchen it's almost a guarantee that they will *want* to eat that healthy food!

Do you avoid turning on the oven when it's hot outside?

How do you like your brownies; moist in the middle or crumbly and baked through?

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