



Healthy Brownie Batter

SERVINGS: 1

PREPPING TIME: 2 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1-2 TBSP Coconut Oil
- 1 scoop of Garden of Life chocolate Whey Protein powder (may use vanilla protein powder too)
- splash of almond milk
- 2 TBSP hemp seeds
- handful of walnuts or pecans, optional

DIRECTIONS

1. Mix the coconut oil and protein powder as best you can to make a very thick paste.
2. Add the splash of almond milk and mix to create a batter like consistency.
3. Add hemp seeds.
4. Top with walnuts or pecans if desired.
5. Enjoy! This is great to use as a breakfast, dessert or snack.