



Chocolate protein breakfast brownie

Brownie for breakfast? Sort of... this is made with your favourite protein powder and eggs, and a good way to use up leftover cooked pumpkin. Perfect with berries and yoghurt. Serves 2. Per serve: Cal: 193; Fat: 7.0g; Pro: 20.1g; Carbs: 9.8g

Serves: 2, Prep time: 00:10, Cook time: 00:15

Instructions

Preheat oven to 200 degrees. Grease or line a baking dish with paper (or use silicon).

Blend all ingredients together in food processor or blender until smooth. Pour into baking dish and cook for 15 minutes or until done.

**cooking time doesn't include the pumpkin (obviously).*

Ingredients

- 2 Eggs
- 1 cups Cooked pumpkin
- 3 tablespoon Coconut flour
- 25 grams Clean Lean Protein powder (vanilla) (1 oz)
- 2 tablespoon Unsweetened cocoa powder
- 1 teaspoon Baking powder