

CLEAN FUDGY BROWNIES

with Sea Salt Flakes

NUTRITION

Per Serving

12

SERVINGS

Calories: 100

Total Fat: 6g

Total Carbohydrates: 9g

Protein: 6g



These **Clean Fudgy Brownies** offer a naturally sweet, nutrient-packed treat that's perfect for those managing diabetes. Sweetened with banana and made without added sugar, they're rich in fibre from chia seeds and almond butter, which helps slow digestion and minimize blood sugar spikes. A dose of protein powder boosts satiety and helps support steady energy. Soft, fudgy, and deeply chocolatey, these brownies are proof that dessert can be both delicious and balanced.

INGREDIENTS

- 1 cup banana (*measured and mashed*)
- ½ cup smooth, all natural, no-sugar added almond butter
- 1 tbsp chia seeds
- ¼ cup cocoa powder
- ½ cup protein powder (*plain, vanilla or chocolate*)
- 1 tsp Maldon sea salt flakes

INSTRUCTIONS

- 1 Preheat oven to 350 F. Line an 8x8 baking dish with parchment paper and set aside.
- 2 In a high speed blender, combine the banana, almond butter and chia seeds. Blend until smooth. Add cocoa powder and protein powder and blend again until smooth. Alternatively, place all ingredients in a large bowl and mix to combine until smooth.
- 3 Transfer the brownie batter to the lined baking dish and bake for 15-20 minutes, or until the tops are firm.
- 4 Remove the brownies from the oven and sprinkle with sea salt. Gently press down on the top to form a crackly top. Let them cool completely before slicing and serving.

Dessert

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