

# RED VELVET FUDGE BROWNIES

\*Gluten Free

## INGREDIENTS:

- 2 scoops GLAM PRO Red Velvet Protein Powder
- 350 gms Sweet Potato, raw, skin removed, cubed
- 1 tbsp Ground Flaxseed
- 6 tbsp Water
- 1 tbsp Natural Peanut Butter
- 2 tbsp PB Powder
- 1 tbsp Unsweetened Cocoa Powder
- 1 tbsp Cacao Nibs
- 1 tbsp Molasses
- 2 tbsp Nonfat Greek Yogurt
- ½ tsp Baking Powder
- ¼ tsp Cinnamon
- ½ tsp Sea Salt
- 3 packets Monk Fruit in the Raw

## DIRECTIONS:

- 1) Preheat oven to 350°F.
- 2) Bring a medium saucepan to a boil.
- 3) Add sweet potatoes to pan, boil until tender, then remove from heat and drain.
- 4) Combine flaxseed and water in a bowl. Place bowl in fridge to set for 15 minutes. It will become gel-like.
- 5) Melt peanut butter in a microwave-safe bowl for 30 seconds in microwave.
- 6) Add **all** ingredients, except for the Glam Pro to a blender and blend on high, until all well combined. You may need to press the batter down on the sides with a rubber spatula a few times.
- 7) Transfer batter to a large bowl, then stir in the Glam Pro. Mix well. Add 2 - 3 tbsp water if batter is too thick.
- 9) Pour batter into a nonstick 8x8 or 8x6 baking pan. Bake for 20 - 25 minutes.
- 10) Let cool for 15 minutes before slicing into 12 brownies.

Enjoy!!

*Best kept stored in the refrigerator.*



Makes 12 servings

Macros - Calories: 66 Protein: 4.2gm Fat: 1.5gm Carbs: 9gm