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## **CRUSH IT! Café: Buff Bro's Brownies**

Movie night with the kids, a late night snack, or a delicious on-the-go treat—our Buff Bro's Brownies, using only nutrient-dense ingredients, are perfect for the whole family to enjoy while keeping health and fitness goals in mind.

### **Recipe:**

#### **Dry Ingredients:**

2 Scoops Rich Chocolate MRP

½ cup cocoa powder

¼ cup zero calorie sweetener

1tsp baking powder

½tsp baking soda

¼ tsp salt

#### **Wet Ingredients:**

1 cup canned pumpkin

14g ground flaxseed

1/3 cup honey or low calorie syrup

1.5tsp vanilla extract

¼ cup water





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**Directions:**

Preheat oven to 375° Fahrenheit. Mix ground flaxseed with 1tbsp of water and set aside in small bowl. Combine and mix all wet ingredients, adding the moistened flaxseed last. Blend until smooth. Combine dry ingredients and mix well into the wet mixture. Scoop batter into a shallow 8" x 8" baking dish. Bake for 15-18 minutes and allow brownies to cool slightly before serving; refrigerate leftovers.

**Macros:**

Serving Size: 1 Large Brownie

Servings: 4

53 calories

2g Fat

12g Carbohydrate

7g Protein



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