
CRUSH IT! Café: GROW S'mo Brownies

If you've visited our CRUSH IT! Café before, you've surely tried (and loved) our Buff Bro's Brownies. Well, we do too; but with the release of CORE GROW and our often high calorie offseason diets, we had to make a higher calorie version to help you continue packing on the muscle with high quality, whole food based ingredients while still enjoying the desserts you love!

Recipe:

Dry Ingredients:

(200g) black beans (Drained/Rinsed)
3 scoops (148g) S'mores Core GROW
1/2 cup zero calorie sweetener
1/4 cup cocoa
1/2tsp baking powder
1/4tsp baking soda

Wet Ingredients:

3/4 cup (185g) canned pumpkin
50g egg substitute
1tsp vanilla extract



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Directions:

Preheat oven to 350° Fahrenheit. Place black beans into a food processor and blend. Combine black beans with the rest of the ingredients, mixing well. Spoon the batter into a 9"x9" brownie pan. Place in the oven for 16-18 minutes. Remove and let cool slightly before enjoying!

Macros:

Serving Size: 1 Brownie
Servings: 4 Brownies

234 calories

3g Fat
36g Carbohydrate
16g Protein



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