

MINUTE RED VELVET BROWNIE



INGREDIENTS:

Dry Ingredients:

- 1 scoop Red Velvet GLAM PRO
- 1 tbsp coconut flour
- 1/2 tsp baking powder
- 2 tbsp stevia or monkfruit sweetener
- 1-2 tbsp unsweetened cocoa powder
- 1 tbsp dark chocolate chips

Wet Ingredients:

- 1 tbsp ground flaxseed + 3 tbsp water
- 3 tbsp unsweetened plant milk

DIRECTIONS:

- 1) Make flax egg. Mix ground flaxseed with water, then set in fridge for 15 minutes to become a gel
- 2) Mix all dry ingredients together in a small bowl, except for the chocolate chips
- 3) Mix milk and flax egg together
- 4) Pour wet ingredients into dry and mix well.
- 5) Lightly grease a mug or microwave safe bowl with 0-calorie cooking spray
- 6) Pour batter into mug or bowl
- 7) Top with chocolate chips
- 8) Cook on HIGH in the microwave for 60 - 90 seconds (recommended: cook in 30 second intervals, exact time may vary)
- 9) You can also bake it for about 10 minutes at 350°F

Enjoy!

Makes 1 Serving

Calories: 227 | Protein: 20 g | Carbs: 25 g | Fat: 10 g | Fiber 13 g