



## PROTEIN BROWNIE BOWL

### INGREDIENTS:

- 2 tbsp Birthday Bliss Glam Pro
- 2 tbsp coconut flour
- 1/2 avocado (mashed)
- 2 tbsp cocoa powder (unsweetened)
- 2 tbsp milk
- 1 tsp monk fruit or stevia
- 1 tbsp chocolate chips (topping)

### DIRECTIONS:

1. Mix all ingredients
2. Top with chocolate chips

Enjoy!



Makes 1 Serving

Calories: 260 | Protein: 15 g | Carb: 34 g | Fat: 15 g | Fiber: 14 g