

PUMPKIN BROWNIES



INGREDIENTS:

- 2 scoops Birthday Bliss Glam Pro
- 3/4 cup all-purpose flour
- 1/2 tsp baking powder
- 3/4 cup canned pumpkin puree
- 3 eggs
- 1/2 cup monk fruit sweetener
- 1/4 cup chopped walnuts
- 1/2 tsp pumpkin spice
- 1/4 cup unsweetened cacao powder
- 1/4 cup stevia sweetened chocolate chips

DIRECTIONS:

1. Preheat oven to 350 F
2. Spray a 9x5 loaf pan with cooking oil. Set aside
3. Mix Glam Pro, flour, and baking powder in a large bowl. Set aside
4. In a second bowl, mix monk fruit sweetener and pumpkin puree
5. Add and mix 1 egg at a time to the pumpkin mixture
6. Slowly add and mix flour mixture to the pumpkin mixture. Once well incorporated separate the mixture into 2
7. Add and mix pumpkin spice and walnuts to one half of the mixture
8. Add and mix cacao powder and chocolate chips to the second half
9. Add the pumpkin mixture to the loaf pan
10. Next dollop the chocolate mixture over the pumpkin mixture
11. Use a butter knife to swirl the 2 mixtures
12. Bake for 35-38 minutes or until inserted toothpick comes out clean
13. Makes 6 brownies

Enjoy!

Serving Size: 1 Brownie

Calories: 199 | Protein: 12 g | Carb: 22 g | Fat: 9 g | Fiber: 5 g