



Ingredients:

- 1 scoops of vanilla whey protein powder
- 400g (4 medium) ripe bananas
- 200g smooth peanut butter
- 40g Cacao powder
- 50g dark chocolate chips
- Mixed chopped nuts to sprinkle once cooked

1 → 2 → 3 → 4 → 5 → 6 → 7

Method:

Pre heat the oven to 180 or 160 fan degrees C

Mash the bananas and mix in the peanut butter

Mix in the protein and Cacao powder

Transfer to a lined baking tray & sprinkle with chocolate chips

Baked for 20 minutes and leave to cool before slicing

Store in the fridge in sealed container, consume within 7 - 10 days

Makes
8
brownies