

Spider Brownies

These spider brownies are packed with protein and great for Halloween!

Serves: 8, Prep time: 00:15, Cook time: 00:20



Chef Note: You can also use honey, and they'll come out a little fudgier, though you may need to adjust baking time. by the way, this is a perfect hack for this delicious healthy Halloween treats

Directions:

- 1. Preheat oven to 350 degrees.
- Heat almond butter approximately
 30 seconds until slightly melted.
- 3. Shake protein powder and almond milk in a blender bottle.
- 4. Combine almond butter, protein mixture, and remaining ingredients.
- 5. Add almond milk.
- 6. Pour into very well-greased 8×8 baking dish.

Ingredients

- 0.75 cups chocolate protein powder
- 0.5 cups Sugar
- 0.5 cups Almond butter
- 0.5 teaspoon Baking soda
- 0.5 teaspoon Sea Salt
- 2 Eggs
- 0.5 teaspoon Vanilla Extract
- 0.75 cups Almond Milk
- 1 pinch or to taste Chow mein noodles, for the legs!



- 7. Bake for 20 to 26 minutes or until set.
- 8. Chill slightly and then cut them into circles. (I used a glass to create evenly sized spiders.)
- 9. Decorate with chow mien noodles for the legs and candy eyes.
- 10. Watch your spiders come to life!

Chef Notes: You can replace the sugar with ¼ cup of stevia.

Chef Note: You may substitute the chow mien noodles with pretzel sticks as well.

Nutrition Information: *Yields 8 servings*

- Calories: 136.5
- Fat: 6.6 g
- Carbs: 15.5 g
- Fibre: 1.6 g
- Sugar: 13 g
- Protein: 5.9 g

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