



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

Instructions

Ingredients

- Directions:

1. Preheat oven to 350 degrees.
2. 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 8x8 baking dish.

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 $\frac{1}{4}$ 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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