

Clean Peanut Butter Protein Brownies

The flavour in these brownies comes from the bitter raw cacao. Use good quality cocoa powder and peanut butter. Raw cacao is made by cold pressing raw cocoa beans. Regular cocoa powder is used by pressing the beans after they have been roasted at high temperatures. Raw cacao contains all the beans natural enzymes while regular cocoa powder does not contain these as they are killed off when they are roasted. Raw cacao has a much more intense flavour and although it costs slightly more, you can use almost half as much when following recipes.



The good thing about having such a strong chocolate flavour is that one IS enough. You'll get a huge hit from eating just one of these brownies. They are high in protein and safe to freeze too 😊

For the Brownies

- 150 grams almond or spelt flour
- 1 tablespoon raw cacao powder (or 2 of regular cocoa powder)
- 1 pinch Fine Sea Salt
- 1 scoop organic protein powder - unflavoured
- 2 Tablespoons Coconut Oil (or organic unsalted butter) – melted
- 2 Eggs
- ½ teaspoon baking powder
- 3 Tablespoons organic honey/maple syrup/agave nectar

For the filling

- 5 tablespoons unsweetened peanut butter. I almost always use meridian peanut butter

For the Topping

- 2 tablespoons coconut oil

- 2 tablespoons raw cacao

1. Preheat the oven to 180C and lightly grease your baking tray with coconut oil/butter. Or if you are using a silicone baking tray then no greasing is needed.
2. Place the flour, cocoa powder, protein powder, baking powder and salt into a mixing bowl and whisk to combine.
3. In a separate bowl, whisk up the eggs and add the maple syrup or honey and the melted coconut oil/butter. Whisk to combine.
4. Add the egg mixture to the flour mixture and stir well until everything is combined.
5. Pour the brownie mixture into the baking tray and place them into the oven and cook for 20 minutes, or until a skewer comes out clean.
6. Once cooled, spread the peanut butter onto the brownies.
7. Melt the coconut oil and mix with the raw cacao and pour this over the peanut butter. Leave this to set.
8. Cut into squares and enjoy 😊