

“These are Gonna Make Me Famous” Brownies

These brownies are actually GOOD for you! And they taste GREAT! To top it off, they are also very easy to make—about 10-15 minutes of prep time.

Ingredients:

10 TBS cocoa powder (either milk or dark chocolate work great)
4 large very ripe bananas (or 5 small ones)
4 cups Agave Nectar**
12 egg whites
2 tsp vanilla extract
2 cups oat bran
1/3 tsp salt (optional)
2 cups chopped walnuts (optional)

**You can use less agave nectar if you prefer! I have gone as low as using only 3 cups, but I wouldn't go less than that. Another version is to add chocolate chips to the mix (1-2 cups) to make them chocolate-y-er. If I do this, I usually use dark chocolate bars from Trader Joe's and break them up into little pieces. That keeps the sugar and fat content down, if I use chocolate.

*Got a coffee lover coming? You can substitute one TBS of cocoa powder for one TBS of instant coffee grounds to make Mocha Brownies!

Directions:

Combine the cocoa, (coffee if used) and bananas, and mix in a blender or with a hand mixer. Add in the agave nectar, egg whites, and vanilla, and mix well. Sift together the oat bran and the salt, then add to the mixture. Fold in nuts, or chocolate chips, if used. Pour into a 9-inch baking pan, lightly coated with oil. Bake at 350° for 50-55 minutes. A toothpick won't work great to check for “doneness” since these brownies are so moist even when done. Cut into individual squares, cool, and serve!

Made with no nuts or chips, these brownies are fat and cholesterol free, plus have real grains, fruit, and protein! Nuts add healthy fats and protein.

Created by Jacky of:



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