

CHEATSHEET

BLACK BEAN & ZUCCHINI BROWNIES



I guess you could say things are getting pretty serious over here in my kitchen! First time and I NAILED this recipe to perfection... black bean and zucchini brownies that are SO macro-friendly you can literally eat the entire recipe in one sitting!

I used the My Macros+ Recipe creator function in the app to compile my ingredients (hello, convenience!) and here's my 'single serving' recipe. You can absolutely double this up for 'family... erm, hungry... size' if you want!

INGREDIENTS

- 125g (½ can) of rinsed black beans (I used Unico brand)
- 15g Canadian Protein premium whey protein blend (I used vanilla flavour)
- 10g Bob's Red Mill spelt flour
- 10g Fry's cocoa powder
- 5g Melt dairy-free butter spread
- 1 large egg
- 50g carton egg whites
- 5g baking powder
- 10g stevia powder
- 50g shredded zucchini



DIRECTIONS

Preheat oven to 350 degrees. De-can and rinse black beans. In a blender (I used the small cup of my Ninja blender) combine all ingredients EXCEPT for the zucchini. Lightly blend ingredients (enough so that everything is combined, but not so much that the beans have become liquid; we want little chunks in the final product!) Once thoroughly mixed, stir in shredded zucchini. Lightly spray loaf pan (I used coconut oil spray) and pour entire batter into pan. Be sure to lick the spatula and blender bowl afterwards (watch your tongue!) Bake for 25 minutes.

NUTRITION INFORMATION

Serving size: entire loaf (because we don't need to share!)

Calories: 405.2
Protein: 37.2g
Carbs: 37.8g
Fat: 11.5g
Fibre: 5.9g
Sugar: 1.9g
Sodium: 177.3mg



Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.

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