



## Brownies

### Ingredients:

- 1 packet Diet Right Chocolate Drink Mix, dry
- 1 packet Diet Right Chocolate Pudding, dry
- 2 egg whites
- 1 oz. skim milk
- 2 tsp. Olive oil
- ¼ tsp. of Sea salt
- 1/2 tsp. Vanilla extract
- Walden Farms Chocolate Dip for topping

### Directions:

1. Preheat oven to 350° F.
2. Mix the protein packet mixes and salt together with a fork.
3. Slowly add wet ingredients to incorporate.
4. Spray a baking dish with Olive Oil Cooking Spray.
5. Pour the mix into the dish.
6. Bake for 15 minutes, cut in half and let it cool.
7. Enjoy!

Servings: makes 1 serving.

Each serving = 2 protein products, daily dairy allowance, daily healthy fat, 1 extra.

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