

## June Newsletter

### Chickpea Brownie Batter

**Macros:**  
**Macros: Makes 6 servings**  
**Macros per serving:**  
**245 cal / 15 P / 34 C / 6 F / 8 fiber**



## INGREDIENTS

- ¼ cup unsweetened almond milk
- 1 ½ scoops Level-1, Milk Chocolate
- 3 tbl light agave syrup
- 1 tsp vanilla extract
- 1 tbl cocoa powder
- 2 tbl nut butter, I used 1st Phorm Cinnamon Roll
- 1 can Chickpeas, drained, rinsed and skins removed

## DIRECTIONS

1. Drain, rinse and remove skins from chickpeas. Simply pinch each one to remove the outer skin. Add to the food processor and mix until smooth.
2. Add almond milk, vanilla, nut butter and syrup and process again until smooth and creamy.
3. Add in the cocoa powder and level-1 and mix by hand until well incorporated and no powder remains (it will be a thick batter).
4. Transfer to a bowl and enjoy as you wish. Store for up to a week in the fridge in an airtight container.