



September Newsletter

Zucchini Brownies

Makes 12 bars

Macros per bar:

144 cals / 9 Protein / 24 Carbs / 2 Fat / 2 fiber



INGREDIENTS

- 2 cups finely shredded zucchini (squeeze as much water from them as you can with paper towels after shredding)
- 1 cup coconut sugar
- 6 oz unsweetened applesauce
- 2 large eggs
- 2 tsp vanilla extract
- ½ cup cocoa powder (I used Ghirardelli)
- 3 scoops Level-1, Milk Chocolate
- ⅓ cup kodiak cake mix
- 2 tsp baking soda
- 1 ½ tsp baking powder
- ½ tsp ground cinnamon
- ½ tsp salt

DIRECTIONS

1. Preheat the oven to 350 degrees and spray a 9x13 baking dish with non stick. Set aside.
2. Mix together the zucchini, sugar, applesauce, eggs and vanilla.
3. Add in the remaining ingredients and mix until all dry ingredients are completely incorporated.
4. Pour into the prepared dish and bake for approximately 35 minutes or until a toothpick comes out mostly clean.
5. I highly suggest topping these with a drizzle of peanut butter/pb2 and some whip but they are delicious plain as well!