



Profile Brownies

Recipe Created by Profile Member Diana Thurn Ost

Profile Exchange values: 1 meal replacements, 1oz. very lean protein, 1 fat, 3 free foods

Description:

When it comes to craving-worthy food, chocolate is perhaps one of the most common examples. Luckily for chocolate lovers, the Profile Plan is jam-packed with chocolate flavored food options. Whether it's chocolate shakes, chocolate cake, chocolate pudding or chocolate flavored bars - chocolate is perhaps the most prevalent flavor in the Profile repertoire. Despite the plethora of choices, there's one notable omission that chocoholics have consistently asked for: brownies. Profile Member Diana Thurn Ost took it upon herself to create a simple, two-step brownie recipe that tastes great and anyone can make. Just mix it up, put it in the oven, pull it out just in time and enjoy!

Number of Servings: 2 brownies

Serving Size: 1 brownie

Ingredients:

- 1 pkg. profile chocolate cake
- 2 T. almond flour
- 2 T. unsweetened apple sauce
- 1 T. sugar free chocolate syrup
- 1 egg

Directions:

1. Mix all ingredients and put this into two small silicone pans.
2. Bake 13 minutes, at 360 degrees.