



**BODYBUILDING.com**<sup>™</sup>

## **Two-Minute Brownie**

### **Ingredients:**

Banana (ripe), 1/2 banana  
Plain Greek yogurt, 1/4 cup  
FitMiss Chocolate Delight protein powder, 1 scoop  
Almond flour, 2 tbsp  
Cocoa powder, 1/2 tbsp  
Baking powder, 1 pinch

### **Directions:**

1. In a small bowl, mash the banana. Stir in Greek yogurt, protein powder, almond flour, cocoa powder, and baking powder.
2. Pour blended ingredients into an individual squared ramekin sprayed with nonstick cooking oil. No ramekin? A mug will work, too.
3. Microwave for 1.5-2 minutes, and top with a sprinkle of confectioner's sugar.