

Trim Healthy  
**W I S D O M**

## Autumn's Protein Brownie Batter (S)

*(P – My daughter Autumn creates all the recipe reels for our social media platforms. Check out all the recipes she has created on our [Trim Healthy Mama Instagram](#) page. She invented this dip, and I love it as a pleasurable part of my wisdom journey. It can be the perfect, easy afternoon pick-me-up or after-dinner dessert. It's a light S as a snack, filled with high-quality protein (although see Protein Nerd Notes for how to get more), and its chocolaty sweetness will leave you happy and satisfied without a blood sugar spike or crash. If used as a dessert after a meal, I find half or even a third of a serving to be the perfect amount. And that makes it closer to being FP-ish, although perhaps not quite, depending on how many chocolate chips you use. It is very rich, so I find I don't need the whole thing for dessert after I've already eaten a meal, just a little of its sweetness makes me very happy. I typically use it as a dessert, so I make the entire serving then leave some for another dessert or to have as part of another snack later in my week.)*

Single Serving

### INGREDIENTS:

- 2 Tbs [TH Baking Blend](#)
- 2 Tbs unsweetened cocoa powder
- 2 Tbs [TH Optimized Whey Protein Powder Chocolate Flavor](#)
- ½ Tbs [TH Gentle Sweet](#)
- 1 pinch [TH Mineral Salt](#)
- ½ Tbs sugar-free natural peanut butter
- unsweetened almond milk
- on-plan chocolate chips

### INSTRUCTIONS:

1. Add all the dry ingredients to a bowl and mix well.
2. Add peanut butter and pour in almond milk until you get your desired dip consistency.
3. Add some chocolate chips and enjoy with some fresh strawberries!

### Protein Nerd Notes:

While protein-rich, this recipe does not supply your full Protein Nerd Level 3 needs. Pair with a half serving of [TH ESSENTIAL](#) in water if having as your full snack or get a half serving of protein in another form.

