

## Hemp Protein Brownie Bites

PREP TIME: 20 minutes

TOTAL TIME: 55 minutes

Servings: 26-30 bites

Each bite contains ~2.8 grams protein



### Ingredients

3/4 cup + 1 Tbsp whole wheat flour

3/4 cup + 1 Tbsp coconut sugar

3 Tbsp hemp seed butter (make by blending hemp seeds in a high speed blender or purchase at your local specialty grocer, also available online)

3 Tbsp unsalted butter

1/4 cup cacao powder

6 oz coarsely chopped semisweet chocolate + 1/3 cup 60% cacao chocolate shavings

1/4 cup hemp seeds + 1 Tbsp reserved for top

2 eggs

2 tsp pure vanilla extract

1/4 tsp baking powder

1/4 tsp sea salt

1. Preheat oven to 350 degrees. Line an 8"x8" pan with parchment paper allowing 2 sides to hang over the edges for easy removal. Lightly butter the bottom and sides of the prepared pan with a dab of unsalted butter then set aside.
2. Place 3 Tbsp butter, 3 Tbsp hemp seed butter, 6 oz chopped chocolate, and 1/4 cup cacao powder in a double boiler or a heat proof bowl placed over a pan with an inch or two of simmering water. Allow the butters and chocolate to fully melt, stirring often then set aside to slightly cool.
3. Combine the flour, baking soda and sea salt in a separate bowl and whisk to combine. Combine the coconut sugar, eggs, and vanilla in the bowl of stand mixer fitted with the whisk attachment and mix on medium until light in color, about 3-4 minutes. Add the cooled melted butter and chocolate mixture then continue to whisk. Add in the flour mixture and mix until fully incorporated, avoid over mixing the batter. Stir in 1/3 cup chocolate shavings and 1/4 cup hemp seeds into the batter.
4. Pour batter into the prepared pan, sprinkle 1 Tbsp hemp seeds over the top of the batter and place in the oven for 30-35 minutes or until a toothpick comes out clean. Allow brownies to cool for 15 minutes before cutting. Cut into 1"x1" bites. Store leftover brownie bites in an air tight container at room temperature for 2 days or in the fridge for up to 5 days.

Courtesy of The Green Blossom Kitchen