

Brownie Batter Cheesecake Bowl

THM:S

In one bowl, blend together (with a food processor or chopper or immersion blender) until smooth. (You could add a little nut milk if it won't blend.)

- 1 cup 1% cottage cheese
- 1 tsp. TH Super Sweet or 2 tsp. TH Gentle Sweet
- 1 Tbsp. whey or Optimized Plant Protein
- 1/2 tsp. cheesecake extract (optional)

In another bowl, combine these ingredients. Start with just 2 Tbsp. nut milk until you have what looks like brownie batter. If too stiff, add the additional tablespoon. Stir really well.

- 1 Tbsp. almond butter (can use peanut butter if you want that flavor)
- 1 Tbsp. cocoa
- 1 Tbsp. almond flour
- 2 Tbsp. whey
- 1 tsp. TH Super Sweet
- 1 tsp. coconut oil
- 2-3 Tbsp. nut milk
- 1 tsp. vanilla extract
- pinch of mineral salt
- 1 Tbsp. on-plan chocolate chips

Swirl the brownie batter into the cottage cheese mixture and enJOY!

To enjoy this as a fuel pull, you could sub Koach Kanada's Real Deal Peanut Butter for the almond butter, sub Baking Blend for the almond flour (you probably will taste the flax a little bit) and leave out the coconut oil.

