

## Brownie Baked Squash Oats (LillieEatsAndTells.com)

- 2 (520 g) yellow summer squash or zucchini, finely grated
- 1 c. (240 g) liquid egg whites or 4 T. Flax meal in a measuring cup  
then add water to fill the rest with water to 1 cup – mix well and  
let sit for five minutes
- 1 1/3 c. (120 g) oats
- 1/4 c. (60 g) milk
- 2 1/2 scoops (90 g) chocolate protein powder
- 1 T. (15 g) liquid stevia or monk fruit or favorite sweetener
- 1/4 c. (20 g) jet black cocoa powder
- 2 t. vanilla
- 2 t. baking powder
- 2 T. (28 g) mini chocolate chips

1. Preheat oven to 350°. Spray a 9x9 pan with non-stick spray.
2. Wash and dry squash and grate them finely.
3. In a large bowl, combine your squash (no need to drain), liquid egg whites, oats, milk, protein powder, sweetener, cocoa powder, vanilla, and baking powder. Mix well. Pour into pan.
4. Sprinkle 2 T. chocolate chips on top. Bake 60-65 minutes or until set.
5. Cool completely before cutting. Keep leftovers refrigerated.
6. Serve with fruit, yogurt, etc.