

BLUEBERRY PROTEIN

Cobbler

INGREDIENTS

4 CUPS FROZEN BLUEBERRIES
AGAVE NECTAR/ OR HONEY

1 SCOOP 1UPNUTRITION VEGAN VANNILLA PROTEIN POWDER
1 CUP QUICKS OATS
4 TABLESPOONS COCONUT FLOUR
1/2 CUP EGG WHITES
1/2 CUP CASHEW MILK
2 DROPS LIQUID STEVIA

INTRODUCTIONS

SPRAY NON STICK SPRAY IN 9X9 PAN
ADD BLUEBERRIES INTO PAN AND DRIZZLE OVER WITH AGAVE/ OR HONEY

IN A BOWL MIX ALL REMAINING INGREDIENTS TOGETHER
POUR BATTER OVER BLUEBERRIES IN PAN
BAKE 45-50 MINUTES AT 350 DEGREES