



No-Bake Chocolate Peanut Butter Brownies

Makes 16 servings

Chocolate Peanut Butter Brownies

Ingredients:

½ cup + 2 Tbsp coconut cream
1 cup almond butter, creamy
1 cup almond meal flour
6 scoops ISO100 Chocolate Peanut Butter Protein Powder
4 Tbsp maple syrup
Chocolate frosting (See Quick & Easy recipe below.)

Instructions:

In a medium mixing bowl, mix coconut cream, almond butter, flour, protein powder and maple syrup. Blend well until mixture holds together. Press mixture into a 8 x 8-inch square pan. Refrigerate for 15 minutes. Once cool, add chocolate frosting.

Chocolate Frosting

Ingredients:

1 Tbsp Kirkland™ Signature Unsalted Butter
2 Tbsp cocoa powder
3 Tbsp coconut cream
2 Tbsp maple syrup

Instructions:

In a small saucepan, mix butter, cocoa powder, coconut cream and maple syrup over low heat, until it comes to a simmer. Whisk until smooth. Remove from heat. Pour over cooled brownies. Tilt pan to cover entire surface. Place in refrigerator until frosting is set. Cut into squares and serve.

Please note: Upon removal from pan, brownies may be slightly crumbly.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **CostcoWay**





Vanilla Banana Ice Cream

Makes 4 servings

Ingredients:

4 bananas, frozen and sliced
1 scoop ISO100 Vanilla Protein Powder
2 Tbsp unsweetened almond milk
2 Tbsp coconut cream
¼ tsp cinnamon

Instructions:

Freeze banana slices. Place frozen bananas in a blender and pulse until pureed. Add protein powder and pulse until creamy. Add almond milk, coconut cream and cinnamon. Blend until smooth. Pour into a 9 x 5-inch glass loaf pan. Freeze for a minimum of 1 hour 45 minutes, or until firm.

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