



## Buffalo Chicken Pasta Bake

### Ingredients

- 2.5 cups shredded cooked chicken (Either crock pot boneless skinless chicken breast or for easy use rotisserie chicken!)
  - 4 cups penne pasta cooked
  - 1 cup plain greek yogurt
  - 1 packet ranch seasoning packet
  - 1/3 cup frank's hot sauce
  - 1/2 cup reduced fat shredded mozzarella cheese
  - 1/2 cup reduced fat shredded cheddar cheese
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- Optional garnish on top green onion

### Directions

1. Preheat oven to 400 degrees
2. Cook pasta as directed
3. Add cooked pasta to a bowl with greek yogurt, chicken, hot sauce, ranch seasoning and half of the cheese
4. Spray 9x13 casserole dish with non stick spray and add mixture. Top with remaining cheese
5. Bake for around 16 minutes or until cheese is melted
6. After cooked top with green onions

**Makes 6 servings Macros per serving 293 calories 6 fat 28 carb 30 protein 2 fiber**

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## No BS Chocolate Brownies!

### Ingredients

- 15 grams Level-1 vanilla ice cream or chocolate protein powder (Please link)
- 125 grams liquid egg whites
- 2 whole eggs
- 300 grams black beans (rinsed and drained)
- 100 grams pumpkin puree
- 30 grams baking cocoa powder
- 25 grams coconut flour
- 40 grams oat bran
- 2 tablespoons peanut butter
- 1 tsp almond extract
- Liquid stevia to taste
- Salt to taste
- 1 tsp baking powder
- 1 tsp baking soda
- Optional 1/4 cup chocolate chips

### Directions

1. Blend all ingredients (minus baking powder and soda) in a food processor. Once blended add in powder and soda then mix until blended (not long)
2. Spray a baking dish with non stick cooking spray and bake at 350 for 25 minutes or until toothpick comes out clean

**Makes 8 large servings: Macros per serving 176 calories 8 fat 15 carbs 11 protein 6 fiber**