



NUTRITION

Inspiration sheet

Chocolate brownie

For a treat or personal reward, delicious dark chocolate has the ability to comfort and generally improve one's outlook. Having a brownie is the height of indulgence when enjoying the taste, texture, and richness.

The recipe below shows how to produce highly nutritious collagen chocolate brownies which have 15g of protein per 100g. This is a sure way of healthy indulgence which has the added nutritional benefits of bio-available collagen.

Recipe suggestion

Ingredients

Sugar	24.34 %
Egg	18.18 %
Dark chocolate	16.23 %
Walnuts	12.98 %
Butter	9.74 %
Flour	9.09 %
OmniCol™	8.31 %
Cocoa powder	0.78 %
Salt	0.19 %
Baking soda	0.16 %
Total recipe	100.00 %

Disclaimer: The information contained in this document is subject to our disclaimer found at essentiaproteins.com

essentiaproteins.com

Ingredients used:

OmniCol™

Essentia ingredients are added to provide:

- > Bio-available collagen
- > Essential amino acids
- > Health benefits

Nutrition facts

Nutrients per 100 g

Energy	437.87 kcal
Protein	15.00 g
Fat	25.64 g
Carbs	36.79 g
Salt	0.54 g

Other recipes that might be of interest to you:

- > Protein bars
- > Collagen water with ginger-lemon
- > Creamy dessert