



HEART BEET PIE

with Choc-o-lotta



Servings: 1 Person ⌚ 30 Minutes

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Inside Tips: If you add protein powder, don't over-mix the batter. Otherwise, you might get a chewy pie, and...Who wants that?!

WHAT YOU NEED

Ingredients

- 1½ Cup Choc-o-lotta Dilettoso Mix
- 1 Egg
- 2 Tablespoons Milk of Choice
- 3 Tablespoons Protein Powder, Flavorless or Vanilla Flavored (or more VaVa Vanilla Mix)
- ½ Cup Pre-cooked Red Beets
- 1 Teaspoon Ghee or Oil of Choice (opt for a neutral oil, such as avocado or MCT oil)
- 1 Tablespoon Sugar-free Dark Chocolate Chips
- Toppings: Almond Butter Drizzle and extra Sugar-free Dark Chocolate Chips

HOW TO DO IT

1. **PREHEAT** the oven to 350°F (180°C).
2. **ADD** to a blender egg, pre-cooked red beets, ghee, and milk. Mix on high speed.
3. **TRANSFER** wet ingredients to a bowl, then add Choc-o-lotta Dilettoso Mix and protein powder.
4. **WHISK** gently, until you reach a smooth batter.
5. **POUR** the batter into a lightly greased oven-safe ramekin, and stir in a tablespoon of Sugar-free Dark Chocolate Chips.
6. **BAKE** in a preheated oven for 20-25 minutes, or until an inserted toothpick comes out clean.
7. **SERVE** warm with an almond butter drizzle.

Buon Appetito!