

**Warm Skillet Brownie**  
*Recipe by Janeva Eickhoff*  
[www.janevaskitchen.com](http://www.janevaskitchen.com)

**Ingredients:** (brownie)

**1 Ideal Protein chocolate caramel mug cake mix**

**1 tsp. olive oil**

**1 T. water**

**2 T. Walden Farms chocolate syrup**

**2 T. liquid egg whites**

**Cooking spray**

**Ingredients:** (salted caramel cream)

**2 T. half and half cream**

**2 tsp. Walden Farms caramel syrup**

**¼ tsp. instant coffee granules**

**Pinch sea salt**

**Directions:**

1. Preheat oven to 350°F degrees.
2. Add brownie ingredients to a mixing bowl; mix until smooth.
3. Pour batter into a sprayed mini 5-inch diameter iron skillet (or a 5-inch diameter round or square baking dish). Level batter with a spoon.
4. Bake 10-12 minutes or until an inserted toothpick comes out clean.
5. Meanwhile, stir together salted caramel cream ingredients until coffee granules dissolve.
6. Using a fork, poke several holes in warm brownie and pour cream mixture over the top. Serve warm in skillet.

**Servings:**

1 skillet brownie = 1 unrestricted + 1 tsp. oil + 1 oz. half and half

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