



CHOCOLATE LOVERS PACK

An intense chocolate experience with five of our most chocolatey protein brownie recipes.

4 Macro-Verified Recipes

ProteinBrownies | proteinbrownies.co

WHAT'S INSIDE

1. Chocolate Protein Brownies	21g protein
2. Mint Chocolate Protein Brownies	20g protein
3. Raspberry Swirl Protein Brownies	19g protein
4. Espresso Protein Brownies	20g protein

Combined Shopping List

Pro Tips

Chocolate Protein Brownies

21g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

185

CALORIES

21g

PROTEIN

13g

CARBS

9g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g unsweetened cocoa powder

60g almond flour

100g granulated sweetener

1/2 tsp baking soda

2 large eggs

120g plain Greek yogurt

60g melted dark chocolate chips

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a large bowl, whisk together the protein powder, cocoa powder, almond flour, and sweetener.
- 3 In a separate bowl, whisk the eggs and Greek yogurt. Then, stir in the melted dark chocolate.
- 4 Pour the wet ingredients into the dry and mix until just combined.
- 5 Pour the batter into the prepared pan and bake for 22-25 minutes.
- 6 Let the brownies cool before cutting and enjoying.

Mint Chocolate Protein Brownies

20g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

175

CALORIES

20g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g almond flour

30g unsweetened cocoa powder

100g granulated sweetener

1/2 tsp baking soda

2 large eggs

120g unsweetened applesauce

60g melted coconut oil

1 tsp peppermint extract

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease and line an 8×8 inch baking pan.
- 2 In a large bowl, whisk together the protein powder, almond flour, cocoa powder, and sweetener.
- 3 In a separate bowl, whisk together the eggs, applesauce, melted coconut oil, and peppermint extract.
- 4 Pour the wet ingredients into the dry and mix until just combined.
- 5 Pour the batter into the prepared pan and bake for 22-25 minutes.
- 6 Let the brownies cool completely before slicing.

Raspberry Swirl Protein Brownies

19g

Prep: 15 min

Cook: 28 min

Total: 43 min

Yield: 12 servings

Difficulty: Medium

170
CALORIES

19g
PROTEIN

16g
CARBS

7g
FAT

INGREDIENTS

120g chocolate whey protein powder

60g oat flour

45g unsweetened cocoa powder

100g granulated sweetener

1/2 tsp baking soda

2 large eggs

120g plain Greek yogurt

100g fresh or frozen raspberries,
mashed

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a large bowl, whisk together the protein powder, oat flour, cocoa powder, sweetener, baking soda, eggs, and Greek yogurt until a thick batter forms.
- 3 Pour the brownie batter into the prepared pan and spread evenly.
- 4 Dollop the mashed raspberries over the top of the batter. Use a knife to gently swirl the raspberries into the brownie batter.
- 5 Bake for 25-28 minutes, or until the center is set.
- 6 Let the brownies cool completely before slicing.

Espresso Protein Brownies

20g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

175

CALORIES

20g

PROTEIN

14g

CARBS

8g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g almond flour

30g unsweetened cocoa powder

100g granulated sweetener

1 tbsp instant espresso powder

1/2 tsp baking soda

2 large eggs

120g unsweetened applesauce

60g melted coconut oil

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease and line an 8×8 inch baking pan.
- 2 In a large bowl, whisk together the protein powder, almond flour, cocoa powder, sweetener, espresso powder, and baking soda.
- 3 In a separate bowl, whisk together the eggs, applesauce, and melted coconut oil.
- 4 Pour the wet ingredients into the dry and mix until just combined.
- 5 Pour the batter into the prepared pan and bake for 22-25 minutes.
- 6 Let the brownies cool completely before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 120g chocolate whey protein powder
- ☐ 60g unsweetened cocoa powder
- ☐ 60g almond flour
- ☐ 1/2 tsp baking soda
- ☐ 30g unsweetened cocoa powder
- ☐ 60g oat flour
- ☐ 45g unsweetened cocoa powder
- ☐ 1 tbsp instant espresso powder

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 120g plain Greek yogurt

PRODUCE

- ☐ 120g unsweetened applesauce

SWEETENERS & FLAVORINGS

- ☐ 60g melted dark chocolate chips
- ☐ 1 tsp peppermint extract

OTHER

- ☐ 100g granulated sweetener
- ☐ 60g melted coconut oil
- ☐ 100g fresh or frozen raspberries, mashed

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinbrownies.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified brownies recipes, interactive ingredient substitutions, and more free recipe packs.

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