



STARTER PACK

5 essential protein brownie recipes to get you started. Perfect for beginners!

4 Macro-Verified Recipes

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WHAT'S INSIDE

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- 1. High Protein Brownies 25g protein
 - 2. Healthy Protein Brownies 15g protein
 - 3. Chocolate Protein Brownies 21g protein
 - 4. Fudgy Protein Brownies 20g protein
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Combined Shopping List

Pro Tips

High Protein Brownies

25g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 servings

Difficulty: Medium

190

CALORIES

25g

PROTEIN

12g

CARBS

9g

FAT

INGREDIENTS

90g chocolate whey protein powder

30g chocolate casein protein powder

60g coconut flour

45g unsweetened cocoa powder

120g granulated sweetener

1 tsp baking powder

1/2 tsp salt

3 large eggs

180g plain Greek yogurt

80g melted dark chocolate

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 whey and casein protein powders, coconut flour, cocoa powder, sweetener, baking powder, and salt.
- 3** In a separate bowl, whisk together the eggs and Greek yogurt until smooth. Then, stir in the melted dark chocolate.
- 4** Pour the wet ingredients into the dry ingredients and mix until a thick batter forms.
- 5** Spread the batter into the prepared pan. Bake for 25-30 minutes, or until the edges are set and the center is slightly fudgy.
- 6** Allow the brownies to cool completely before slicing and serving.

Healthy Protein Brownies

15g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

150

CALORIES

15g

PROTEIN

18g

CARBS

5g

FAT

INGREDIENTS

120g oat flour

90g chocolate whey protein powder

40g unsweetened cocoa powder

100g coconut sugar

1 tsp baking powder

2 large eggs

120g mashed banana

60ml almond milk

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Lightly grease an 8×8 inch pan.
- 2 In a bowl, combine oat flour, protein powder, cocoa powder, coconut sugar, and baking powder.
- 3 In a separate bowl, whisk eggs, mashed banana, and almond milk.
- 4 Add wet ingredients to dry and stir until just combined.
- 5 Pour batter into the prepared pan and bake for 22-25 minutes.
- 6 Cool before cutting into 12 brownies.

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.

Fudgy Protein Brownies

20g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

180

CALORIES

20g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g unsweetened cocoa powder

30g coconut flour

100g granulated sweetener

1/2 tsp salt

3 large eggs

120g melted butter

60g dark chocolate chips

INSTRUCTIONS

- 1 Preheat your oven to 325°F (165°C). Grease and line an 8×8 inch baking pan.
- 2 In a large bowl, whisk together the protein powder, cocoa powder, coconut flour, sweetener, and salt.
- 3 In a separate bowl, whisk the eggs and melted butter until well combined.
- 4 Pour the wet ingredients into the dry and mix until a thick, fudgy batter forms. Fold in the dark chocolate chips.
- 5 Spread the batter into the prepared pan. Bake for 22-25 minutes. The center should be slightly undercooked for maximum fudginess.
- 6 Let the brownies cool completely before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 90g chocolate whey protein powder
- 30g chocolate casein protein powder
- 60g coconut flour
- 45g unsweetened cocoa powder
- 1 tsp baking powder
- 120g oat flour
- 40g unsweetened cocoa powder
- 120g chocolate whey protein powder
- 60g unsweetened cocoa powder
- 60g almond flour
- 1/2 tsp baking soda
- 30g coconut flour

DAIRY & EGGS

- 3 large eggs
- 180g plain Greek yogurt
- 2 large eggs
- 60ml almond milk
- 120g plain Greek yogurt
- 120g melted butter

PRODUCE

- 120g mashed banana

SWEETENERS & FLAVORINGS

-

80g melted dark chocolate

- 100g coconut sugar
- 60g melted dark chocolate chips
- 60g dark chocolate chips

OTHER

- 120g granulated sweetener
- 1/2 tsp salt
- 100g granulated sweetener

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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