



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinBrownies | proteinbrownies.co

WHAT'S INSIDE

1. Gluten-Free Black Bean Protein Brownies

12g protein

2. Dairy-Free Avocado Protein Brownies

10g protein

Combined Shopping List

Pro Tips

Gluten-Free Black Bean Protein Brownies

12g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 brownies

Difficulty: Easy

145

CALORIES

12g

PROTEIN

18g

CARBS

6g

FAT

INGREDIENTS

400g canned black beans, drained and rinsed

60g chocolate whey protein powder

45g unsweetened cocoa powder

80ml maple syrup

60g nut butter of choice

2 large eggs

1 tsp vanilla extract

1/2 tsp baking powder

Pinch of salt

60g dark chocolate chips

INSTRUCTIONS

- 1 Preheat oven to 175°C (350°F). Line an 8×8 inch baking pan with parchment paper.
- 2 Add black beans, eggs, maple syrup, nut butter, and vanilla to a food processor. Blend until completely smooth.
- 3 Add the protein powder, cocoa powder, baking powder, and salt. Blend until combined.
- 4 Fold in the chocolate chips. Pour batter into the prepared pan and spread evenly.
- 5 Bake for 22-25 minutes until set but still slightly fudgy in the center. Cool completely before cutting into 12 brownies.

Dairy-Free Avocado Protein Brownies

10g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 brownies

Difficulty: Easy

155

CALORIES

10g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

1 large ripe avocado (about 150g flesh)

60g chocolate plant-based protein powder

45g unsweetened cocoa powder

100g coconut sugar

60ml unsweetened almond milk

2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)

1 tsp vanilla extract

1/2 tsp baking soda

Pinch of salt

60g dairy-free chocolate chips

INSTRUCTIONS

- 1 Mix ground flaxseed with water and let sit for 5 minutes until gel-like.
- 2 In a food processor, blend the avocado until completely smooth with no lumps.
- 3 Add the coconut sugar, almond milk, flax eggs, and vanilla to the avocado. Blend until smooth.
- 4 Add protein powder, cocoa powder, baking soda, and salt. Blend until combined. Fold in chocolate chips.
- 5 Pour into a parchment-lined 8×8 pan. Bake at 175°C (350°F) for 22-25 minutes. Cool completely before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 60g chocolate whey protein powder
- ☐ 45g unsweetened cocoa powder
- ☐ 1/2 tsp baking powder
- ☐ 60g chocolate plant-based protein powder
- ☐ 1/2 tsp baking soda

DAIRY & EGGS

- ☐ 60g nut butter of choice
- ☐ 2 large eggs
- ☐ 60ml unsweetened almond milk
- ☐ 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)

SWEETENERS & FLAVORINGS

- ☐ 80ml maple syrup
- ☐ 1 tsp vanilla extract
- ☐ 60g dark chocolate chips
- ☐ 100g coconut sugar
- ☐ 60g dairy-free chocolate chips

OTHER

- ☐ 400g canned black beans, drained and rinsed
- ☐ Pinch of salt
- ☐ 1 large ripe avocado (about 150g flesh)

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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