



## CHOCOLATE LOVERS PACK

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

4 Macro-Verified Recipes

ProteinBrownies | [proteinbrownies.co](https://proteinbrownies.co)

## WHAT'S INSIDE

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21g protein

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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

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- ☐ 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

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

## PRODUCE

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- ☐ 120g unsweetened applesauce

## SWEETENERS & FLAVORINGS

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

## OTHER

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- ☐ 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](https://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.

[proteinbrownies.co](https://proteinbrownies.co)