



NO-BAKE BARS PACK

Five quick and easy no-bake protein bar recipes for when you need a healthy treat in a hurry.

5 Macro-Verified Recipes

ProteinBrownies | proteinbrownies.co

WHAT'S INSIDE

-
- 1. Classic Protein Brownies Recipe 20g protein
 - 2. Healthy Protein Brownies 15g protein
 - 3. Vegan Protein Brownies 18g protein
 - 4. Low Calorie Protein Brownies 15g protein
 - 5. No-Bake Protein Brownie Bars 15g protein
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Combined Shopping List

Pro Tips

Classic Protein Brownies Recipe

20g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

170

CALORIES

20g

PROTEIN

15g

CARBS

7g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g almond flour

30g unsweetened cocoa powder

100g granulated sweetener

1/2 tsp baking soda

1/4 tsp salt

2 large eggs

120g unsweetened applesauce

60g melted coconut oil

1 tsp vanilla 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, sweetener, baking soda, and salt.
- 3 In a separate bowl, whisk together the eggs, applesauce, melted coconut oil, and vanilla extract.
- 4 Pour the wet ingredients into the dry ingredients and mix until just combined. Do not overmix.
- 5 Pour the batter into the prepared pan and spread evenly. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out with moist crumbs.
- 6 Let the brownies cool completely in the pan before cutting into 12 squares.

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.

Vegan Protein Brownies

18g

Prep: 15 min

Cook: 28 min

Total: 43 min

Yield: 12 servings

Difficulty: Medium

175

CALORIES

18g

PROTEIN

16g

CARBS

8g

FAT

INGREDIENTS

120g vegan chocolate protein powder

60g almond flour

45g unsweetened cocoa powder

100g coconut sugar

1 tsp baking powder

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

120g mashed avocado

60ml almond milk

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease an 8×8 inch pan. Prepare the flax eggs by mixing ground flaxseed and water, and let it sit for 5-10 minutes to thicken.
- 2 In a large bowl, whisk together the protein powder, almond flour, cocoa powder, and coconut sugar.
- 3 In a separate bowl, mash the avocado until smooth. Then, stir in the flax eggs and almond milk.
- 4 Add the wet ingredients to the dry and mix until a thick batter forms.
- 5 Spread the batter into the prepared pan and bake for 25-28 minutes.
- 6 Let the brownies cool completely before slicing.

Low Calorie Protein Brownies

15g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

135

CALORIES

15g

PROTEIN

15g

CARBS

4g

FAT

INGREDIENTS

90g chocolate whey protein powder

45g unsweetened cocoa powder

60g oat flour

100g granulated sweetener

1 tsp baking powder

2 large egg whites

180g unsweetened applesauce

60ml unsweetened almond milk

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Lightly grease an 8×8 inch pan.
- 2 In a bowl, combine protein powder, cocoa powder, oat flour, sweetener, and baking powder.
- 3 In a separate bowl, whisk egg whites, applesauce, 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.

No-Bake Protein Brownie Bars

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 10 servings

Difficulty: Easy

160

CALORIES

15g

PROTEIN

15g

CARBS

8g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g almond flour

45g unsweetened cocoa powder

120g peanut butter

80g honey or maple syrup

60ml almond milk

INSTRUCTIONS

- 1 Line an 8×8 inch pan with parchment paper.
- 2 In a large bowl, combine the protein powder, almond flour, cocoa powder, peanut butter, honey/maple syrup, and almond milk.
- 3 Stir until a thick, uniform dough forms. If the mixture is too dry, add a little more almond milk.
- 4 Press the mixture evenly into the prepared pan.
- 5 Refrigerate for at least 30 minutes to set.
- 6 Cut into 10 bars and store in the refrigerator.

COMBINED SHOPPING LIST

DRY INGREDIENTS

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

DAIRY & EGGS

- 2 large eggs
- 60ml almond milk
- 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)
- 2 large egg whites
- 60ml unsweetened almond milk
- 120g peanut butter

PRODUCE

- 120g unsweetened applesauce
- 120g mashed banana
- 180g unsweetened applesauce

SWEETENERS & FLAVORINGS

- 1 tsp vanilla extract
- 100g coconut sugar
- 80g honey or maple syrup

OTHER

- 100g granulated sweetener
- 1/4 tsp salt
- 60g melted coconut oil
- 120g mashed avocado

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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