



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

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| 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 |
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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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