



# SINGLE SERVING PACK

Five single-serving protein brownie recipes that you can make in the microwave in minutes.

5 Macro-Verified Recipes

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

## WHAT'S INSIDE

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Combined Shopping List

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Pro Tips

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# Protein Powder Brownies

18g

Prep: 10 min

Cook: 22 min

Total: 32 min

Yield: 12 servings

Difficulty: Easy

160

CALORIES

18g

PROTEIN

16g

CARBS

6g

FAT

## INGREDIENTS

120g vanilla whey protein powder

60g all-purpose flour

40g unsweetened cocoa powder

100g brown sugar

1/2 tsp baking soda

2 large eggs

120ml milk

60g melted butter

1 tsp vanilla extract

## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C) and grease an 8×8 inch baking pan.
- 2 In a large bowl, combine the protein powder, flour, cocoa powder, brown sugar, and baking soda.
- 3 In another bowl, whisk the eggs, milk, melted butter, and vanilla extract.
- 4 Pour the wet ingredients into the dry and stir until just combined.
- 5 Pour the batter into the prepared pan and bake for 20-22 minutes.
- 6 Let the brownies cool before cutting into squares.

# Cottage Cheese Protein Brownies

22g

Prep: 15 min

Cook: 28 min

Total: 43 min

Yield: 12 servings

Difficulty: Easy

180

CALORIES

22g

PROTEIN

14g

CARBS

8g

FAT

## INGREDIENTS

240g low-fat cottage cheese

2 large eggs

60g maple syrup

1 tsp vanilla extract

90g chocolate whey protein powder

45g unsweetened cocoa powder

30g coconut flour

1/2 tsp baking soda

## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a blender, combine the cottage cheese, eggs, maple syrup, and vanilla extract. Blend until completely smooth.
- 3 In a large bowl, whisk together the protein powder, cocoa powder, coconut flour, and baking soda.
- 4 Pour the blended wet ingredients into the dry ingredients and mix until well combined.
- 5 Pour the batter into the prepared pan and bake for 25-28 minutes.
- 6 Let the brownies cool completely before slicing.

# Whey Protein Brownies Recipe

19g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

165

CALORIES

19g

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.

# Single-Serving Protein Brownie

25g

Prep: 5 min

Cook: 1 min

Total: 6 min

Yield: 1 serving

Difficulty: Easy

200

CALORIES

25g

PROTEIN

10g

CARBS

9g

FAT

## INGREDIENTS

30g chocolate whey protein powder

15g unsweetened cocoa powder

1 tbsp granulated sweetener

1/4 tsp baking powder

1 large egg

30ml milk

## INSTRUCTIONS

- 1 In a microwave-safe mug, whisk together the protein powder, cocoa powder, sweetener, and baking powder.
- 2 Add the egg and milk to the mug.
- 3 Stir until the batter is smooth and there are no lumps.
- 4 Microwave on high for 60-90 seconds, or until the brownie is cooked through.
- 5 Let it cool for a minute before enjoying.

# Greek Yogurt Protein Brownies

23g

Prep: 10 min

Cook: 28 min

Total: 38 min

Yield: 12 servings

Difficulty: Easy

180

CALORIES

23g

PROTEIN

13g

CARBS

8g

FAT

## INGREDIENTS

120g chocolate whey protein powder

60g oat flour

45g unsweetened cocoa powder

100g granulated sweetener

1 tsp baking powder

2 large eggs

240g plain Greek yogurt

1 tsp vanilla extract

## 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, and baking powder.
- 3 In a separate bowl, whisk together the eggs, Greek yogurt, and vanilla extract until smooth.
- 4 Pour the wet ingredients into the dry and mix until just combined.
- 5 Pour the batter into the prepared pan and bake for 25-28 minutes.
- 6 Let the brownies cool completely before slicing.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 120g vanilla whey protein powder
- 60g all-purpose flour
- 40g unsweetened cocoa powder
- 1/2 tsp baking soda
- 90g chocolate whey protein powder
- 45g unsweetened cocoa powder
- 30g coconut flour
- 120g chocolate whey protein powder
- 60g almond flour
- 30g unsweetened cocoa powder
- 30g chocolate whey protein powder
- 15g unsweetened cocoa powder
- 1/4 tsp baking powder
- 60g oat flour
- 1 tsp baking powder

## DAIRY & EGGS

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- 2 large eggs
- 120ml milk
- 60g melted butter
- 240g low-fat cottage cheese
- 1 large egg
- 30ml milk
- 240g plain Greek yogurt

## PRODUCE

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- 120g unsweetened applesauce

## SWEETENERS & FLAVORINGS

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- 100g brown sugar
- 1 tsp vanilla extract
- 60g maple syrup

## OTHER

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- 100g granulated sweetener
- 1/4 tsp salt
- 60g melted coconut oil
- 1 tbsp 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](http://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](http://proteinbrownies.co)