



## SECRETLY HEALTHY PACK

Five delicious protein brownie recipes made with hidden veggies like black beans, sweet potato, avocado, zucchini, and pumpkin.

5 Macro-Verified Recipes

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

## WHAT'S INSIDE

1. Sweet Potato Protein Brownies

16g protein

2. Black Bean Protein Brownies

17g protein

3. Pumpkin Protein Brownies

16g protein

4. Avocado Protein Brownies

19g protein

5. Zucchini Protein Brownies

16g protein

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Combined Shopping List

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Pro Tips

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# Sweet Potato Protein Brownies

16g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 servings

Difficulty: Easy

**155**

CALORIES

**16g**

PROTEIN

**19g**

CARBS

**5g**

FAT

## INGREDIENTS

240g cooked and mashed sweet potato

90g chocolate whey protein powder

45g unsweetened cocoa powder

60g almond butter

60g maple syrup

1 tsp vanilla extract

1/2 tsp baking soda

## INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a large bowl, combine the mashed sweet potato, protein powder, cocoa powder, almond butter, maple syrup, vanilla extract, and baking soda.
- 3 Stir until all ingredients are well combined and a thick batter forms.
- 4 Pour the batter into the prepared pan and spread it out evenly.
- 5 Bake for 28-30 minutes, or until the center is set.
- 6 Let the brownies cool completely before slicing.

# Black Bean Protein Brownies

17g

Prep: 15 min

Cook: 25 min

Total: 40 min

Yield: 12 servings

Difficulty: Easy

**160**

CALORIES

**17g**

PROTEIN

**20g**

CARBS

**6g**

FAT

## INGREDIENTS

425g can of black beans, rinsed and drained

3 large eggs

90g chocolate whey protein powder

45g unsweetened cocoa powder

100g maple syrup

60g melted coconut oil

1 tsp vanilla extract

1/2 tsp baking soda

## INSTRUCTIONS

**1** Preheat oven to 350°F (175°C). Grease an 8×8 inch baking pan.

**2** In a blender or food processor, combine all ingredients. Blend until completely smooth.

**3** Pour the batter into the prepared pan and spread evenly.

**4** Optional: sprinkle some chocolate chips on top before baking.

**5** Bake for 23-25 minutes, or until a toothpick comes out clean.

**6** Let the brownies cool completely in the pan before slicing.

# Pumpkin Protein Brownies

16g

Prep: 10 min

Cook: 30 min

Total: 40 min

Yield: 12 servings

Difficulty: Easy

**150**

CALORIES

**16g**

PROTEIN

**18g**

CARBS

**5g**

FAT

## INGREDIENTS

240g pumpkin puree

2 large eggs

90g chocolate whey protein powder

45g unsweetened cocoa powder

60g oat flour

100g brown sugar

1 tsp pumpkin pie spice

1/2 tsp baking soda

## INSTRUCTIONS

**1** Preheat oven to 350°F (175°C). Grease an 8×8 inch baking pan.

**2** In a large bowl, combine the pumpkin puree, eggs, protein powder, cocoa powder, oat flour, brown sugar, pumpkin pie spice, and baking soda.

**3** Stir until all ingredients are well combined.

**4** Pour the batter into the prepared pan and spread evenly.

**5** Bake for 28-30 minutes, or until a toothpick inserted into the center comes out clean.

**6** Let the brownies cool before slicing.

# Avocado Protein Brownies

19g

Prep: 15 min

Cook: 25 min

Total: 40 min

Yield: 12 servings

Difficulty: Easy

**185**

CALORIES

**19g**

PROTEIN

**15g**

CARBS

**10g**

FAT

## INGREDIENTS

1 large ripe avocado, mashed

2 large eggs

120g chocolate whey protein powder

60g unsweetened cocoa powder

100g maple syrup

1 tsp vanilla extract

1/2 tsp baking soda

## INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a blender or food processor, combine the mashed avocado, eggs, protein powder, cocoa powder, maple syrup, vanilla, and baking soda. Blend until smooth.
- 3 Pour the batter into the prepared pan and spread evenly.
- 4 Optional: sprinkle with chocolate chips.
- 5 Bake for 22-25 minutes, or until the center is set.
- 6 Let the brownies cool completely before slicing.

# Zucchini Protein Brownies

16g

Prep: 20 min

Cook: 30 min

Total: 50 min

Yield: 12 servings

Difficulty: Easy

**150**

CALORIES

**16g**

PROTEIN

**17g**

CARBS

**6g**

FAT

## INGREDIENTS

150g shredded zucchini, squeezed of excess moisture

2 large eggs

90g chocolate whey protein powder

45g unsweetened cocoa powder

60g oat flour

100g coconut sugar

60g melted coconut oil

1 tsp baking powder

## INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 Shred the zucchini and squeeze out as much moisture as possible with a clean kitchen towel.
- 3 In a large bowl, combine the shredded zucchini, eggs, protein powder, cocoa powder, oat flour, coconut sugar, melted coconut oil, and baking powder.
- 4 Stir until all ingredients are well combined.
- 5 Pour the batter into the prepared pan and bake for 28-30 minutes.
- 6 Let the brownies cool before slicing.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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

## DAIRY & EGGS

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- 60g almond butter
- 3 large eggs
- 2 large eggs

## PRODUCE

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- 240g pumpkin puree
- 1 tsp pumpkin pie spice

## SWEETENERS & FLAVORINGS

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

## OTHER

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240g cooked and mashed sweet potato

- 425g can of black beans, rinsed and drained
- 60g melted coconut oil
- 1 large ripe avocado, mashed
- 150g shredded zucchini, squeezed of excess moisture

## 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)