



## 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](http://proteinbrownies.co)

## WHAT'S INSIDE

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Combined Shopping List

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Pro Tips

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# 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

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- 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

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- 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

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

## SWEETENERS & FLAVORINGS

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

## OTHER

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- 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](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)