



STARTER PACK

5 essential protein brownie recipes to get you started. Perfect for beginners!

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. High Protein Brownies

25g protein

2. Healthy Protein Brownies

15g protein

3. Chocolate Protein Brownies

21g protein

4. Fudgy Protein Brownies

20g protein

Combined Shopping List

Pro Tips

High Protein Brownies

25g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 servings

Difficulty: Medium

190

CALORIES

25g

PROTEIN

12g

CARBS

9g

FAT

INGREDIENTS

90g chocolate whey protein powder

30g chocolate casein protein powder

60g coconut flour

45g unsweetened cocoa powder

120g granulated sweetener

1 tsp baking powder

1/2 tsp salt

3 large eggs

180g plain Greek yogurt

80g melted dark chocolate

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 whey and casein protein powders, coconut flour, cocoa powder, sweetener, baking powder, and salt.
- 3 In a separate bowl, whisk together the eggs and Greek yogurt until smooth. Then, stir in the melted dark chocolate.
- 4 Pour the wet ingredients into the dry ingredients and mix until a thick batter forms.
- 5 Spread the batter into the prepared pan. Bake for 25-30 minutes, or until the edges are set and the center is slightly fudgy.
- 6 Allow the brownies to cool completely before slicing and serving.

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.

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.

Fudgy Protein Brownies

20g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

180

CALORIES

20g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

120g chocolate whey protein powder

60g unsweetened cocoa powder

30g coconut flour

100g granulated sweetener

1/2 tsp salt

3 large eggs

120g melted butter

60g dark chocolate chips

INSTRUCTIONS

- 1 Preheat your oven to 325°F (165°C). Grease and line an 8×8 inch baking pan.
- 2 In a large bowl, whisk together the protein powder, cocoa powder, coconut flour, sweetener, and salt.
- 3 In a separate bowl, whisk the eggs and melted butter until well combined.
- 4 Pour the wet ingredients into the dry and mix until a thick, fudgy batter forms. Fold in the dark chocolate chips.
- 5 Spread the batter into the prepared pan. Bake for 22-25 minutes. The center should be slightly undercooked for maximum fudginess.
- 6 Let the brownies cool completely before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

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

DAIRY & EGGS

- ☐ 3 large eggs
- ☐ 180g plain Greek yogurt
- ☐ 2 large eggs
- ☐ 60ml almond milk
- ☐ 120g plain Greek yogurt
- ☐ 120g melted butter

PRODUCE

- ☐ 120g mashed banana

SWEETENERS & FLAVORINGS

- ☐

80g melted dark chocolate

- ☐ 100g coconut sugar
- ☐ 60g melted dark chocolate chips
- ☐ 60g dark chocolate chips

OTHER

- ☐ 120g granulated sweetener
- ☐ 1/2 tsp salt
- ☐ 100g 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 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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