



# BLONDIE COLLECTION

A delightful assortment of five protein-packed blondie recipes.

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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# 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.

# Banana Protein Brownies

15g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

**145**

CALORIES

**15g**

PROTEIN

**18g**

CARBS

**4g**

FAT

## INGREDIENTS

2 ripe bananas, mashed

2 large eggs

90g chocolate whey protein powder

40g unsweetened cocoa powder

60g oat flour

60g peanut butter

1 tsp baking powder

## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a large bowl, mix together the mashed bananas, eggs, protein powder, cocoa powder, oat flour, peanut butter, and baking powder.
- 3 Stir until the batter is smooth and well combined.
- 4 Pour the batter into the prepared pan and spread evenly.
- 5 Bake for 22-25 minutes, or until the center is set.
- 6 Let the brownies cool before cutting into squares.

# 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.

# Protein Blondies

18g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

**170**

CALORIES

**18g**

PROTEIN

**16g**

CARBS

**7g**

FAT

## INGREDIENTS

120g vanilla whey protein powder

90g almond flour

100g brown sugar substitute

1/2 tsp baking soda

1/4 tsp salt

2 large eggs

120g melted coconut oil

1 tsp vanilla extract

60g white chocolate chips

## 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, brown sugar substitute, baking soda, and salt.
- 3 In a separate bowl, whisk together the eggs, melted coconut oil, and vanilla extract.
- 4 Pour the wet ingredients into the dry ingredients and mix until just combined. Fold in the white chocolate chips.
- 5 Pour the batter into the prepared pan and spread evenly. Bake for 20-25 minutes.
- 6 Let the blondies cool completely in the pan before cutting.

# Peanut Butter Protein Brownies

22g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

**195**

CALORIES

**22g**

PROTEIN

**14g**

CARBS

**11g**

FAT

## INGREDIENTS

120g chocolate whey protein powder

60g peanut butter powder

45g unsweetened cocoa powder

100g granulated sweetener

1/2 tsp baking soda

2 large eggs

120g plain Greek yogurt

60g creamy peanut butter

## 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, peanut butter powder, cocoa powder, and sweetener.
- 3 In a separate bowl, whisk the eggs, Greek yogurt, and creamy peanut butter until smooth.
- 4 Pour the wet ingredients into the dry and mix until a thick batter forms.
- 5 Spread the batter into the prepared pan. Optional: swirl in extra peanut butter on top. Bake for 22-25 minutes.
- 6 Let the brownies cool completely before slicing.

# 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
- 90g chocolate whey protein powder
- 40g unsweetened cocoa powder
- 60g oat flour
- 1 tsp baking powder
- 45g unsweetened cocoa powder
- 120g vanilla whey protein powder
- 90g almond flour
- 60g peanut butter powder

## DAIRY & EGGS

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- 2 large eggs
- 60g peanut butter
- 120g plain Greek yogurt
- 60g creamy peanut butter

## PRODUCE

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- 120g unsweetened applesauce
- 2 ripe bananas, mashed
- 240g pumpkin puree
- 1 tsp pumpkin pie spice

## SWEETENERS & FLAVORINGS

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- 1 tsp vanilla extract
- 100g brown sugar
- 100g brown sugar substitute
- 60g white chocolate chips

## OTHER

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- 100g granulated sweetener
- 1/4 tsp salt
- 60g melted coconut oil
- 120g melted coconut oil

## 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)