



BLONDIE COLLECTION

A delightful assortment of five protein-packed blondie recipes.

5 Macro-Verified Recipes

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WHAT'S INSIDE

1. Whey Protein Brownies Recipe

19g protein

2. Banana Protein Brownies

15g protein

3. Pumpkin Protein Brownies

16g protein

4. Protein Blondies

18g protein

5. Peanut Butter Protein Brownies

22g protein

Combined Shopping List

Pro Tips

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

- ☐ 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

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

PRODUCE

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

SWEETENERS & FLAVORINGS

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

OTHER

- ☐ 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 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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