



## FUDGY FAVORITES PACK

A collection of our five most fudgy and decadent protein brownie 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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# 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.

# 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.

# 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.

# Keto Protein Brownies

18g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 servings

Difficulty: Easy

**190**

CALORIES

**18g**

PROTEIN

**8g**

CARBS

**14g**

FAT

## INGREDIENTS

120g chocolate whey protein powder

90g almond flour

45g unsweetened cocoa powder

120g erythritol

1/2 tsp baking soda

3 large eggs

120g melted butter

60g sugar-free chocolate chips

## INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease an 8×8 inch baking pan.
- 2 In a large bowl, combine the protein powder, almond flour, cocoa powder, and erythritol.
- 3 In a separate bowl, whisk the eggs and melted butter.
- 4 Pour the wet ingredients into the dry and mix until a thick batter forms. Fold in the sugar-free chocolate chips.
- 5 Spread the batter into the prepared pan and bake for 22-25 minutes.
- 6 Let the brownies cool completely 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.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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

## DAIRY & EGGS

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- 3 large eggs
- 180g plain Greek yogurt
- 120g melted butter
- 2 large eggs

## SWEETENERS & FLAVORINGS

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- 80g melted dark chocolate
- 100g maple syrup
- 1 tsp vanilla extract
- 60g dark chocolate chips
- 60g sugar-free chocolate chips

## OTHER

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120g granulated sweetener

- 1/2 tsp salt
- 425g can of black beans, rinsed and drained
- 60g melted coconut oil
- 100g granulated sweetener
- 120g erythritol
- 1 large ripe avocado, mashed

## 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)