



FUDGY FAVORITES PACK

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

5 Macro-Verified Recipes

ProteinBrownies | proteinbrownies.co

WHAT'S INSIDE

1. High Protein Brownies	25g protein
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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.

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

- ☐ 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

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

SWEETENERS & FLAVORINGS

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

OTHER

☐

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 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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