



Cottage Cheese Protein Brownies

Description

These healthy cottage cheese protein brownies are rich, fudgy, and naturally high in protein. A perfect guilt-free snack or post-workout dessert!

- **Total Time:** 35 minutes
- **Yield:** 9 squares 1x

Why These Cottage Cheese Protein Brownies Are a Family Favorite

A Memory from My Kitchen

There's something special about baking a treat that everyone in the house can enjoy guilt-free. I first made these Cottage Cheese Protein Brownies on a rainy Saturday when my kids begged for dessert, and all I had was a half-tub of cottage cheese and some cocoa. The result? A pan of rich, fudgy brownies that disappeared in minutes. What I love most is they don't taste healthy—they're just good. And as a busy mom trying to balance flavor with nutrition, this is one of my proudest pantry victories.

These brownies are now a go-to whenever I want something sweet that won't crash my energy later. Using cottage cheese not only adds creaminess, but it brings in a solid protein boost without overwhelming the flavor. In fact, these are now one of my most-requested recipes—right next to my Cottage Cheese Cheesecake and Cottage Cheese Cookie Dough, both equally indulgent and family-approved.

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Ingredients

1 cup cottage cheese

1/2 cup unsweetened cocoa powder

1/2 cup almond flour

2 eggs

1/3 cup maple syrup

1 tsp vanilla extract

1/2 tsp baking powder

1/4 tsp salt

1/4 cup dark chocolate chips (optional)

Instructions

1. Preheat the oven to 350°F (175°C).
2. Blend the cottage cheese until smooth and creamy.
3. Add eggs, maple syrup, and vanilla to the blender and mix again.
4. In a bowl, mix almond flour, cocoa powder, baking powder, and salt.
5. Combine wet and dry ingredients and stir just until mixed.
6. Fold in chocolate chips if using.
7. Pour batter into a lined 8×8 pan and spread evenly.
8. Bake 22–25 minutes until a toothpick comes out mostly clean.
9. Cool for 10 minutes before slicing into 9 brownies.

Notes

To make it dairy-free: Use 1 cup silken tofu instead of cottage cheese and 2 flax eggs instead of eggs.

To make it keto-friendly: Replace maple syrup with sugar-free monk fruit syrup and use sugar-free chocolate chips.

Nutrition

- **Serving Size:** 1 square
- **Calories:** 145
- **Sugar:** 7g
- **Sodium:** 140mg
- **Fat:** 9g

- **Saturated Fat:** 3g
- **Unsaturated Fat:** 5g
- **Trans Fat:** 0g
- **Carbohydrates:** 10g
- **Fiber:** 2g
- **Protein:** 9g
- **Cholesterol:** 40mg

Category

1. High Protein Recipes

Date Created

18/08/2025

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