



Healthy High Protein Brownies

Description

If you're looking for a guilt-free treat that satisfies your sweet tooth while keeping your nutrition on track, these **Healthy High-Protein Brownies** are the perfect choice. Packed with protein and made with wholesome ingredients, these brownies make a great post-workout snack or a delicious dessert.

Why You'll Love This Recipe

- **High in Protein:** Each brownie is loaded with muscle-repairing protein to help you recover after workouts.
- **Naturally Sweetened:** Uses natural sweeteners like honey or maple syrup instead of refined sugar.
- **Easy to Make:** Just a few simple ingredients and 30 minutes of your time.
- **Fudgy & Delicious:** A perfect combination of chewy, chocolatey goodness with a moist texture.

Ingredients

- 1 cup almond flour
- 1/2 cup chocolate protein powder
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 large eggs
- 1/3 cup honey or maple syrup
- 1/4 cup unsweetened applesauce
- 1 tsp vanilla extract
- 1/4 cup almond milk
- 1/3 cup dark chocolate chips (optional, for extra richness)

Instructions

- Preheat & Prepare:** Preheat your oven to 350°F (175°C) and line an 8×8-inch baking dish with parchment paper.
- Mix Dry Ingredients:** In a large bowl, whisk together the almond flour, protein powder, cocoa powder, baking powder, and salt.
- Combine Wet Ingredients:** In another bowl, beat the eggs, then mix in honey (or maple syrup), applesauce, vanilla extract, and almond milk.
- Mix Everything Together:** Gradually add the wet ingredients into the dry ingredients, stirring until you have a smooth batter. If using, fold in the dark chocolate chips.
- Bake:** Pour the batter into the prepared baking dish and spread evenly. Bake for **18-22 minutes**, or until a toothpick inserted in the center comes out with a few moist crumbs.
- Cool & Serve:** Allow the brownies to cool in the pan for about 10 minutes before slicing into squares. Enjoy!

Nutrition Information (Per Serving)

(Approximate values, depending on ingredients used)

- **Calories:** 150
- **Protein:** 8g
- **Carbs:** 15g
- **Fats:** 6g
- **Fiber:** 3g

Tips for the Best High-Protein Brownies

- **Want them extra fudgy?** Reduce the baking time slightly for a gooier texture.
- **Need a vegan option?** Swap eggs for flax eggs and use plant-based protein powder.
- **Boost the protein even more!** Add a tablespoon of nut butter to the batter.

These **Healthy High-Protein Brownies** are a fantastic way to enjoy a sweet treat while staying on track with your fitness goals. Try them today and indulge in chocolatey goodnessâ??guilt-free!

Category

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