



High-Protein Chocolate Fudge Brownies

Description

Ingredients

Dry Ingredients:

- ½ cup (60g) almond flour
- ¼ cup (25g) cocoa powder
- 1 scoop (30g) chocolate protein powder
- ¼ tsp salt
- ½ tsp baking powder

Wet Ingredients:

- 2 large eggs
- ¼ cup (60g) Greek yogurt (plain or vanilla)
- ¼ cup (60ml) unsweetened almond milk
- ¼ cup (80ml) maple syrup or honey
- 1 tsp vanilla extract
- 2 tbsp (30g) melted coconut oil or butter

Optional Mix-Ins & Toppings:

- ¼ cup (40g) sugar-free chocolate chips
- 2 tbsp chopped nuts (walnuts, almonds, or pecans)

Nutrition Per Brownie (Makes 9):

- **Calories:** 150
- **Protein:** 9g

- **Carbs:** 12g
- **Fats:** 7g

Instructions

Step 1: Preheat & Prepare the Pan

1. Preheat your oven to **350°F (175°C)**.
2. Line an **8"x8-inch (20"x20 cm) baking pan** with parchment paper or grease it lightly.

Step 2: Mix Dry Ingredients

3. In a medium bowl, whisk together **almond flour, cocoa powder, protein powder, salt, and baking powder**.

Step 3: Mix Wet Ingredients

4. In a separate large bowl, whisk together **eggs, Greek yogurt, almond milk, maple syrup, vanilla extract, and melted coconut oil** until smooth.

Step 4: Combine & Fold

5. Gradually add the **dry ingredients** to the **wet ingredients**, stirring until fully combined.
6. If using, fold in **chocolate chips** or **nuts**.

Step 5: Bake the Brownies

7. Pour the batter into the prepared baking pan and **spread evenly**.
8. Bake for **18-22 minutes**, or until a toothpick inserted in the center comes out with **a few moist crumbs**.

Step 6: Cool & Serve

9. Let brownies cool in the pan for at least **10 minutes** before slicing.
10. Cut into **9 squares** and enjoy!

Category

1. High Protein Recipes

Date Created

25/04/2025

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