

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

PROTEIN BROWNIES THAT YOU'LL LOVE TO THE LAST BITE



Protein bars and shakes are one way to hit your macros, but let's not overlook the protein brownie! This is the ultimate lightened-up treat and "healthy snack."

It's chewy, gooey, and downright decadent...and diet-friendly to boot.

Enjoy!

01. Chocolate PB2 Protein Brownies

Serves 9

Looks can be deceiving. On the outside, these appear to be the kind of homemade frosted brownie that kids would go wild for at a bake sale. But take a look at these macros, and you'll see they're not the buttery, sugary baked good you'd expect them to be.

That's because these flourless brownies use chocolate protein powder and then are topped with a peanut butter Greek yogurt frosting.

Nutrition Facts (Per Serving) 114 CALORIES | 10 g PROTEIN | 17 g CARBS | 2 g FAT

INGREDIENTS

Brownies:

- | | |
|-------------------------------------------|-------------------------------------|
| ✓ 1/3 cup WHEY+ chocolate protein isolate | ✓ 2 large eggs |
| ✓ 1/2 cup cocoa powder | ✓ 1/2 cup nonfat plain Greek yogurt |
| ✓ 1 tsp. baking soda | ✓ 1/3 cup pure honey (or agave) |
| ✓ Pinch of salt | |
| ✓ 1/2 cup egg whites (or 4 egg whites) | ✓ 2 tsp. vanilla extract |

Frosting:

- | | |
|-----------------------------------|---------------------------------|
| ✓ 1 cup nonfat plain Greek yogurt | ✓ 2 Tbsp. PB2 |
| | ✓ Sweetener to taste (optional) |

DIRECTIONS

Preheat oven to 350 degrees F. Line an 8x8-inch baking pan with parchment paper.

Combine all brownie ingredients. Pour batter into pan. Bake for ~25 minutes (do not overbake). Remove brownies from oven and allow brownies to cool.

While brownies are cooling, mix together all frosting ingredients. Once brownies are fully cooled, frost. Drizzle with chocolate peanut butter.

02. Pure Chocolate Brownie Protein Bars

Serves 8

Although this is really a protein bar, it's chocolatey and fudgy enough to be a healthy brownie. The chewy texture comes from dates, which also act as a wholesome sweetener.

They're blended with walnuts and almonds to make a kind of dough, so they'll have a texture like some store-bought bars including Pure and Larabar.

Nutrition Facts (Per Serving) 275 CALORIES | 9 g PROTEIN | 25 g CARBS | 18 g FAT

INGREDIENTS

- | | |
|-------------------------------------------|--------------------------------------------|
| ✓ 1 cup dates, pitted and roughly chopped | ✓ 1 Tbsp. unsweetened cocoa powder |
| ✓ 3/4 cup walnut pieces | ✓ 1/2 tsp. sea salt |
| ✓ 3/4 cup almonds | ✓ 1/4 cup carob chips (or chocolate chips) |
| ✓ 1/8 cup water | ✓ 5 Tbsp. hemp protein powder |
| ✓ 1 Tbsp. coconut oil | |
| ✓ 1 tsp. vanilla extract | |

DIRECTIONS

In a small bowl, add dates and boiling water just enough to cover the dates. Let soak while you are getting other ingredients ready, for about 10 minutes. Drain the dates.

Add dates, walnuts, almonds and water to a food processor and process until the "dough" forms. If necessary add more water. Add coconut oil, vanilla extract, cocoa powder, salt, carob chips and protein powder, and process until all combined. The "dough" should be of a play dough consistency.

Line 8 x 8 square baking dish with parchment paper leaving extra flaps on the sides. Transfer "dough" into the dish and press and flatten with spatula. Cut large square piece of parchment paper, place on top of the "dough" and using another square dish press the dough into the baking dish. Discard the parchment paper. Refrigerate for at least 2 hours.

Transfer the "dough" lifting by the parchment side flaps to a cutting board and cut into 8 bars. Wrap each bar in foil.

03. Mocha Brownie Protein Bars

Serves 6

These protein bars are perfect for the morning because they'll give you a jolt of coffee along with the nutrition you need. And you don't even have to bake them.

If you have a cup leftover in your coffeemaker in the morning, stir it together with oats, cocoa powder, and protein powder to chill in the fridge for a post-workout snack or tomorrow's breakfast.

Just be sure to use a plant-based protein for this one; otherwise you'll end up with more of a brownie-flavored cookie dough (which is delicious too).

Nutrition Facts (Per Serving) 98 CALORIES | 13 g PROTEIN | 11 g CARBS | 2 g FAT

INGREDIENTS

✓ 3 scoops plant-based vanilla
protein powder

✓ 1/2 cup unsweetened cocoa
powder

✓ 1/2 cup old-fashioned oats

✓ 2 Tbsp. Truvia (or other
sweetener to taste)

✓ 1 cup cold coffee

DIRECTIONS

Line a 9x5" loaf pan with parchment paper.

In a large bowl, stir together the protein powder, cocoa powder, oats, and Truvia. Mix in the cold coffee until fully incorporated. Transfer the mixture into the prepared pan, and evenly press it down with a spatula. Chill for at least 2 hours, or until firm, before slicing into bars.

04. Post-Workout Sweet Potato Brownies

Serves 12

Not every workout has to be followed up with a protein shake. And once you snack on a post-workout brownie, you'll have a hard time going back to the packaged bars. This recipe doesn't even include any protein powder – just quinoa flour, sweet potato, and eggs.

That means these don't have as much protein as a scoop of whey, but they're a great snack to tide you over between the gym and dinner.

Nutrition Facts (Per Serving) 121 CALORIES | 5 g PROTEIN | 24 g CARBS | 2 g FAT

INGREDIENTS

- | | |
|----------------------------------------------|------------------------------------|
| ✓ 1 lb. sweet potato, baked and skin removed | ✓ 1/2 cup unsweetened cocoa powder |
| ✓ 1/2 cup quinoa flour (or oat flour) | ✓ 1 1/2 tsp. baking powder |
| ✓ 1 zucchini, grated | ✓ 2 large eggs |
| ✓ 1/3 cup pure honey | ✓ 3 egg whites |

DIRECTIONS

Set oven to 415 degrees F. Bake 2 large sweet potatoes until they are soft, approximately 1 hour. When the sweet potatoes have finished baking, allow them to cool to room temperature.

Set oven to 350 degrees F. Grate the zucchini into a bowl and set aside. In a large mixing bowl, add sweet potato and mash. Add all of the remaining ingredients and thoroughly mix together.

Evenly divide batter among the individual muffin pan. Bake in the oven for 30 minutes, or until you can insert a toothpick in the brownies and it comes out clear.

05. Raspberry Chocolate Protein Brownies

Serves 9

Yes, you can have dessert and even go back for seconds. These brownies have real raspberries mixed in, which adds natural sweetness as well as vitamin C. The real beauty of this recipe, however, is the mix of oats and chocolate protein powder to stand in for white flour. On top of that, half a cup of applesauce replaces a stick of butter.

Nutrition Facts (Per Serving) 136 CALORIES | 9 g PROTEIN | 13 g CARBS | 7 g FAT

INGREDIENTS

- | | |
|------------------------------------------------------|----------------------------------------------|
| ✓ 1/4 cup rolled oats | ✓ 1 Tbsp. pure honey |
| ✓ 1/2 cup unsweetened cocoa powder | ✓ 1 tsp. vanilla extract |
| ✓ 1/2 cup (2 scoops) WHEY+ chocolate protein isolate | ✓ 2/3 cup unsweetened vanilla almond milk |
| ✓ 1/2 cup unsweetened applesauce | ✓ 2 Tbsp. coconut oil |
| ✓ 1 large egg | ✓ 1/4 cup + 2 Tbsp. chocolate chips, divided |
| | ✓ 1/2 cup raspberries, chopped |

DIRECTIONS

Preheat oven to 350 degrees F. Spray 8x8 inch baking pan with nonstick cooking spray.

Place oats in blender and blend for a minute or until they resemble the consistency of flour. Transfer oat flour to medium bowl then whisk in protein powder and cocoa powder; set aside.

Whisk together applesauce, egg, honey, vanilla and almond milk until smooth and well combined. Add to dry ingredients and mix together until just combined.

Heat coconut oil and 1/4 cup of the chocolate chips in a small saucepan over very low heat; stir continuously until all chocolate chips and coconut oil have melted together. (You can also heat them in a microwave safe bowl for 30-45 seconds.) Gently stir into brownie batter.

Pour mixture into prepared pan. Sprinkle remaining 2 tablespoons of chocolate chips and raspberries on top; sometimes I like to swirl them in the batter with a knife. Bake for 18-22 minutes or until just cooked through and the top has set. Transfer pan to wire rack to cool completely.

06. Cappuccino Cream Cheese Protein Brownies

Serves 12

If you love rich, creamy desserts, this is the brownie for you. It's like a morning latte served up on a brownie. This recipe uses coffee-flavored protein powder to make these brownies taste like a cappuccino, but you can use vanilla or chocolate whey if that's more convenient. Simply mix in instant coffee granules, or reduce the butter or Greek yogurt a bit so you can add brewed coffee or espresso.

Nutrition Facts (Per Serving) 199 CALORIES | 10 g PROTEIN | 15 g CARBS | 11 g FAT

INGREDIENTS

Brownie:

✓ 80g old-fashioned oats

✓ 1/2 cup stevia

- ✓ 1/3 cup egg whites
- ✓ 1 large egg
- ✓ 1/3 cup unsalted butter,
divided
- ✓ 140 g semisweet chocolate
chips
- ✓ 1 Tbsp. instant coffee
- ✓ 1 1/2 scoops WHEY+ vanilla
protein isolate
- ✓ 115 g nonfat plain Greek
yogurt

Cream Cheese Frosting:

- ✓ 10 oz. fat-free cream cheese
- ✓ 1/2 cup stevia
- ✓ 45 g cappuccino protein
powder (or flavor of choice)
- ✓ 1 large egg
- ✓ 1/3 cup egg whites

DIRECTIONS

Preheat your oven to 350 degrees F.

To create your brownie batter, combine 75g unsalted butter and the semi sweet chocolate chips in a bowl. Microwave for two minutes, or until butter is completely melted and chocolate chips are soft. Whisk until smooth.

Add remaining brownie ingredients (oat flour, protein powder, fat free Greek yogurt, egg, egg whites, stevia, and optional sea salt) and whisk until a batter-like consistency is reached.

In a separate bowl, combine cream cheese layer ingredients (protein powder, stevia, egg, egg whites, and THAWED fat free cream cheese) and use an electric beater to mix until all lumps are gone and a thick, creamy consistency is reached.

Add 30g melted unsalted butter to the brownie batter and whisk till fully combined.

Put 1 cup worth of brownie batter in a separate bowl. Spray a pan with cooking spray and ladle in remaining brownie batter. Spread cream cheese layer over the brownie batter layer.

Drop spoonfuls of the brownie batter you kept separately on top of the cream cheese layer. Using a butter knife or a fork, gently swirl the layers together.

Bake for 30 minutes or until a toothpick comes out clean.

07. Red Velvet Protein Brownies

Serves 16

Is it a slice of cake, or is it a brownie? Why not have both with these red velvet brownies topped off with peanut butter cream cheese frosting. If you prefer to go with a classic cream cheese frosting, you can leave out the PB2 and mix in vanilla whey protein powder until the frosting gets to the right consistency. Either way, you'll end up with delicious red velvet brownies that are colored with beets instead of artificial dye.

Nutrition Facts (Per Serving) 156 CALORIES | 6 g PROTEIN | 21 g CARBS | 7 g FAT

INGREDIENTS

Red Velvet Brownies:

✓ 1 1/2 cups mashed sweet
potato

✓ 2 large eggs

✓ 2 scoops (1/2 cup) WHEY+
vanilla protein isolate

✓ 1/2 cup cacao powder

✓ 1/4 cup unsweetened
applesauce

✓ 1/2 tsp. baking soda

✓ 2/3 cup dark chocolate chips

✓ 1/2 cup pure honey

✓ 1/4 cup beet juice

✓ 1/4 cup coconut oil

✓ 1/4 cup sweetener of choice
(optional)

Frosting:

✓ 3 Tbsp. low-fat cream cheese
(room temp.)

✓ 3 Tbsp. low-fat plain Greek
yogurt

✓ 3 Tbsp. PB2

✓ 1 Tbsp. powdered erythritol

DIRECTIONS

Preheat the oven to 175 degrees C and line a 8x8 brownie tin with baking paper.

Blend the sweet potato, cacao, baking powder and protein powder in a food processor and process until smooth.

Add in the eggs, maple syrup and applesauce and mix well. Stir in the choc chips/questbar.

Mix the frosting ingredient in a bowl and set aside. Once the brownie has cooled spread the frosting over the top with a knife and top with more vegan chocolate chips/questbar chunks.

Pour the brownie mix into the brownie tin. Bake for 25-30 minutes or until a toothpick inserted in comes out clean.

08. Mint Protein Brownie

Serves 9

Just hearing someone say "Girl Scout" can start up cravings for cookies, but there are healthier, more convenient ways to get your chocolate mint fix. Although these protein brownies won't be crunchy like the cookies, you'll still get to enjoy the refreshing sense of mint with a rich chocolate brownie that you can sink your teeth into. That makes for more mindful eating than cookies, which can be wolfed down by the handful.

Nutrition Facts (Per Serving) 159 CALORIES | 10 g PROTEIN | 15 g CARBS | 7 g FAT

INGREDIENTS

- ✓ 1/4 cup + 2 Tbsp. unsweetened cocoa powder
- ✓ 1/2 cup chocolate casein protein powder
- ✓ 1/4 cup oat flour
- ✓ 1/4 tsp. baking powder
- ✓ Pinch of salt
- ✓ 2 large eggs
- ✓ 2 Tbsp. pure honey, warmed
- ✓ 1/2 cup non-fat vanilla Greek yogurt
- ✓ 1/2 tsp. vanilla extract
- ✓ 1/2 tsp. peppermint extract
- ✓ 1/2 cup unsweetened vanilla almond milk
- ✓ 2 Tbsp. coconut oil, melted
- ✓ 1/4 cup + 2 Tbsp. chocolate chips, divided

DIRECTIONS

Preheat your oven to 350 degrees F and spray an 8×8-inch pan with cooking spray.

In a medium bowl, stir together the cocoa, protein powder, oat flour, baking powder, and salt. Set aside. In a separate large bowl, whisk together the eggs, melted honey, Greek yogurt, vanilla extract, peppermint extract and almond milk. Stir the liquid ingredients into the dry ingredients and mix until well combined.

In a small, microwave safe bowl, melt 1/4 cup of the chocolate chips with the coconut oil. Melt on half power, using 20 second intervals, stirring between each interval, until smooth and melted.

Stir the melted chips into the brownie batter and mix well to incorporate.

Pour the batter into the prepared pan and spread out evenly. Sprinkle with remaining chocolate chips. Bake until the edges have risen, and the middle appears just set, about 15-17 minutes. Let cool to room temperature on the counter, and then refrigerate for at least 2 hours.

09. Cheesecake Black Bean Brownies

Serves 12

Although these won't replace your protein bar, flourless brownies made from black beans are a good source of nutrients. Wheat does contain a little protein, but using black beans instead will net you even more. While whole-wheat flour has a protein-to-carb ratio of 1:8, black beans have 2 grams of protein per 6 grams of carbs. And the flavor of black beans will make the chocolate brownies even richer – as will those mini chocolate chips on top.

Nutrition Facts (Per Serving) 166 CALORIES | 10 g PROTEIN | 18 g CARBS | 7 g FAT

INGREDIENTS

- | | |
|------------------------------------------------------|--------------------------------------------------------|
| ✓ 1 can (15 oz.) unseasoned black beans, rinsed well | ✓ 1 tsp. vanilla extract |
| ✓ 1/3 cup agave nectar | ✓ 3/4 cup WHEY+ protein isolate (chocolate or vanilla) |
| ✓ 3 large eggs | ✓ 1/4 cup unsweetened cocoa powder |
| ✓ 1/3 cup low-fat milk | ✓ 3/4 tsp. baking powder |
| ✓ 3 Tbsp. coconut oil, melted | ✓ 1/4 tsp. fine sea salt |
| ✓ 2 tsp. instant espresso powder | ✓ 1/3 cup mini chocolate chips |

DIRECTIONS

Preheat oven to 350 degrees F. Spritz a 9"x9" pan with nonstick spray or line a cupcake tin with liners spritzed lightly with nonstick spray.

In a food processor or high powered blender (like a Ninja or Vitamix), combine beans, cocoa, oats, salt, sweeteners, oil, vanilla extract, and baking powder. Blend until smooth, will take 5 – 10 minutes of continuous processing. Add chips and pulse to incorporate. Spread into an even layer in the pan or cupcake tin.

In a bowl, microwave cream cheese for about 30 seconds, until easily stirred. Stir in powdered sugar, vanilla, and lemon zest. Top brownies with cream cheese mixture. Stir in lightly.

Bake for approximately 25 minutes. Cool for at least ten minutes before serving. For best results, cool and refrigerate for at least 30 minutes before serving (I like to cool mine over night before serving).

10. Four-Ingredient Protein Brownies

Serves 9

Healthy brownies with just four ingredients? Sign me up. These are loaded with nutrients from bananas, peanut butter, and protein powder. But neither the convenience nor the macros are the best part. When they come out of the oven and cool off, they have the look and texture of any standard brownie – right down to the shiny, cracked top.

Nutrition Facts (Per Serving) 118 CALORIES | 7 g PROTEIN | 8 g CARBS | 8 g FAT

INGREDIENTS

- | | |
|-------------------------------------------|--------------------------------------|
| ✓ 3 overripe bananas (about 1 cup mashed) | ✓ 1/4 cup unsweetened cocoa powder |
| ✓ 1/2 cup smooth peanut butter | ✓ 2 scoops brown rice protein powder |

DIRECTIONS

Preheat the oven the 350 degrees, grease a small cake pan or loaf pan and set aside.

In a small microwave-safe bowl or stovetop, melt your nut butter.

In a blender, food processor, or using your hands, combine the bananas, cocoa powder, protein powder and nut butter until smooth.

Pour the mixture into the greased pan and bake for around 20 minutes or until cooked through. Remove from the oven and allow to cool completely before slicing into pieces.

11. Pumpkin Protein Brownies

Serves 9

For chewy brownies that offer a taste of fall, just add pumpkin. The butter and oil that you'd usually mix into baked goods can often be substituted with pureed fruit, including apples, bananas, and pumpkins. So if you're craving brownies and don't have a can of pumpkin in your pantry, you can use another fruit or – in keeping with the autumn theme – try butternut squash.

Nutrition Facts (Per Serving) 94 CALORIES | 6 g PROTEIN | 9 g CARBS | 4 g FAT

INGREDIENTS

- | | |
|-------------------------------------------------|------------------------------------|
| ✓ 1 cup pumpkin puree | ✓ 1 Tbsp. vanilla extract |
| ✓ 3 Tbsp. ground flaxseed | ✓ 1 Tbsp. coconut oil, melted |
| ✓ 1/2 cup + 1 Tbsp. water | ✓ 1 tsp. baking powder |
| ✓ 2 scoops chocolate plant-based protein powder | ✓ 1/4 cup dark chocolate chips |
| ✓ 2 Tbsp. coconut flour | ✓ 1/4 cup unsweetened cocoa powder |

DIRECTIONS

Preheat oven to 350 degrees F.

In a large bowl, add pumpkin puree, ground flax and water. Allow to sit 2 minutes for flax to absorb water. Add protein powder, unsweetened cocoa powder and coconut flour. Stir to combine. Add vanilla extract and coconut oil. Mix to combine. Add baking powder and chocolate chips. Stir to combine completely.

Spray a 8X8 or 9X13 baking dish with non-stick spray.

Use your spatula to get all of the pumpkin brownie batter into the baking dish. Be sure to smooth out the top, as this doesn't rise or move very much in the oven. Bake for 20-25 minutes. Remove from oven and allow to cool completely before serving.

12. Extra Dark Walnut Fudge Protein Brownies

Serves 8

Smother anything in dark chocolate frosting, and it's no longer going to look like a healthy snack. However, these are protein brownies with more chocolatey protein spread on top for a win-win whether you're in the mood for a post-workout bite or a healthy dessert. And even with the frosting, each one brownie contains less than 100 calories.

Nutrition Facts (Per Serving) 99 CALORIES | 8 g PROTEIN | 9 g CARBS | 5 g FAT

INGREDIENTS

Walnut Brownies:

- | | |
|-------------------------------------------|--------------------------------------|
| ✓ 1 scoop WHEY+ chocolate protein isolate | ✓ 1/2 cup (4 large) egg whites |
| ✓ 1/8 tsp. salt | ✓ 1 Tbsp. coconut oil |
| ✓ 1 cup pumpkin puree | ✓ 1/4 tsp. vanilla extract |
| ✓ 3 Tbsp. stevia baking blend | ✓ 1/4 cup chopped walnuts (optional) |
| ✓ 1/4 cup unsweetened cocoa powder | |

Chocolate Protein Frosting:

- | | |
|---------------------------------------------|------------------------------------|
| ✓ 1/3 scoop WHEY+ chocolate protein isolate | ✓ 2 Tbsp. unsweetened cocoa powder |
| ✓ 2 Tbsp. brown rice syrup | ✓ 1 1/2 tsp. stevia |

DIRECTIONS

Preheat oven to 350 degrees F.

Whisk together dry ingredients (through salt) in a medium mixing bowl. Combine wet ingredients (through vanilla) until smooth. Fold in walnuts (optional), leaving half for topping if desired.

Lightly coat a 7"x5" baking dish with cooking spray, then pour batter in. Bake for 25-30 minutes, until a toothpick or knife inserted in the center comes out slightly gooey. You don't want these babies over-cooked!

While the brownies cool, mix together frosting ingredients (optional). Spread frosting over top, sprinkle with remaining chopped walnuts (optional), and cut into eighths.

13. Tiramisu Protein Blondies

Serves 9

These tiramisu brownies are out of this world in terms of nutrition and presentation. Sure, they won't form perfectly neat squares, but that adds to the tiramisu style because they're soft like ladyfinger cookies soaked in espresso. Instead of sugary cookies, however, these tiramisu brownies are made from chickpeas, coconut flour, and protein powder.

Nutrition Facts (Per Serving) 193 CALORIES | 7 g PROTEIN | 22 g CARBS | 9 g FAT

INGREDIENTS

Tiramisu Squares:

- | | |
|----------------------------------------|--------------------------------------|
| ✓ 1 can (15 oz.) chickpeas | ✓ 1 tsp. baking powder |
| ✓ 2 Tbsp. vegan vanilla protein powder | ✓ 1/2 tsp. baking soda |
| ✓ 1/2 cup coconut milk | ✓ 1/4 cup dates, soaked in hot water |
| ✓ 1 cup coffee | ✓ 1/3 cup coconut flour |

Chocolate Topping:

- | | |
|--------------------------------|------------------------|
| ✓ 1 1/2 Tbsp. coconut oil | ✓ 2 Tbsp. cacao powder |
| ✓ 1 1/2 Tbsp. pure maple syrup | |

Cookie Topping:

- | | |
|----------------------------|--------------------------------|
| ✓ 2 Tbsp. ground flaxseed | ✓ 1 Tbsp. sunflower seed flour |
| ✓ 1 Tbsp. pure maple syrup | (or PB2) |
| ✓ 1 Tbsp. coconut oil | ✓ 2 Tbsp. coconut flour |
| ✓ 1 tsp. ground cinnamon | ✓ 1/2 tsp. water |

DIRECTIONS

To make the bars, add everything to a food processor or blender and blend until smooth. It should be really smooth and creamy like a thick smoothie. If it's not, add some extra milk or coffee, one tablespoon at a time.

When mixture is ready, pour into a 9×9-inch square pan lined with baking paper and bake in a preheated 375 degrees F oven for 30-40 minutes. The top should be golden, and the edges will come away from the sides slightly. It will still feel a little soft, but should be firm to the touch. It will harden as you let it cool.

Once bars have cooled, place the pan in the fridge to chill.

Meanwhile, prepare cookie mixture for the topping. Add all the cookie ingredients except water to a bowls and stir together. Use your hands to pull together a dough, adding the water to make it into a firm clump. Place dough between two pieces of parchment paper and roll thinly – about 1/4-1/8-inch thick.

Place in a preheated 350 degree F oven for 10 minutes, or until golden. Remove from the oven and set on a rack to cool.

While the cookie is cooling, prepare the chocolate topping by adding all the ingredients to a saucepan and heating over medium heat. Stir constantly until a smooth chocolate forms. Remove from the heat and set aside.

To assemble the bars, break up the cookie into small pieces or grind into a crumb in your food processor if you prefer. Drizzle chocolate over the bars, in generous, thick streams, and then top with the cookie and dust with cacao. Slice into squares and enjoy.

14. Chilli Chocolate No-Bake Protein Brownies

Serves 4

Not all brownies have to get baked in the oven. And that doesn't mean making a standard brownie batter and simply eating it by the spoonful. These raw protein brownies aren't cakey or fudgy. Instead they're chewy with whey protein, sugar, and ground flaxseed mixed with melted chocolate. And they have a kick from the chili chocolate, although plain dark chocolate will work too.

Nutrition Facts (Per Serving) 91 CALORIES | 8 g PROTEIN | 9 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|-------------------------------------------|-------------------------------------------------------------|
| ✓ 1 scoop WHEY+ chocolate protein isolate | ✓ 2 1/2 squares (25 grams) 70% chili dark chocolate, melted |
| ✓ 1 Tbsp. coconut sugar | |
| ✓ 2 Tbsp. ground flaxseed | ✓ 1 Tbsp. milk |

DIRECTIONS

In a bowl, mix all the above ingredients everything together until you get a soft paste. Press this paste onto the corner of a nonstick silicone pan or a regular pan lined with nonstick baking paper.

Place them in the fridge for a couple of hours and... PRESTO! Chocolate deliciousness ready to be devoured.

15. Protein Brownies

Serves 8

For super healthy brownies, swap out the flour for protein powder, and use an all-natural low-calorie sweetener like stevia or xylitol. It'll affect the texture so the brownies are less crumbly, although you'll still get lots of chocolate flavor.

As with other baked goods, the kind of whey protein you use will determine the texture. These brownies are made with a plant-based protein blend; if you want to

substitute whey, be aware it can absorb liquid differently, so you might have to use a little more or less than the recipe calls for.

Nutrition Facts (Per Serving) 147 CALORIES | 9 g PROTEIN | 7 g CARBS | 10 g FAT

INGREDIENTS

- | | |
|------------------------------------------------|----------------------------------------------------------|
| ✓ 3/4 cup Spiru-Tein chocolate protein powder | ✓ 1/2 tsp. salt |
| ✓ 1/4 cup stevia (or 1/2 cup granulated sugar) | ✓ 1 large egg |
| ✓ 1/2 cup almond butter | ✓ 1/2 tsp. vanilla extract |
| ✓ 1/2 tsp. baking soda | ✓ 1/2 cup unsweetened almond milk (or more if necessary) |

DIRECTIONS

Preheat oven to 350 degrees F.

Heat almond butter slightly in a microwave safe dish – 30 seconds or until easy to mix. Mix almond butter and stevia OR sugar. Add eggs, vanilla and almond milk. Mix protein powder, baking soda and salt in a separate bowl. Combine almond butter & protein powder mixes.

The batter was really thick so I started with 1/2 cup almond milk and added more until it was like cake batter. It should be a little thinner than usual brownie batter because the protein powder will soak up extra moisture.

Pour into very well greased 8×8 baking dish. Bake for 20 to 26 minutes or until set.

16. Protein Mug Brownie

Serves 1

A whole pan of freshly baked brownies can be too tempting, And even when they're full of protein and other wholesome ingredients, overindulging means not just a stomachache but too many calories for a snack.

When your willpower against chocolate is running low, grab a mug. Then fill it with cocoa powder, a touch of chocolate protein powder, and applesauce. You'll also need baking powder to get it to rise, enough milk to make a brownie batter, and your sweetener of choice. Stick it in the microwave for a minute and a half, and get a spoon.

Nutrition Facts (Per Serving) 120 CALORIES | 10 g PROTEIN | 26 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|-------------------------------------------|-------------------------------------------|
| ✓ 1 Tbsp. WHEY+ chocolate protein isolate | ✓ 1 Tbsp. Truvia (or sweetener of choice) |
| ✓ 3 Tbsp. unsweetened cocoa powder | ✓ 2 Tbsp. unsweetened applesauce |
| ✓ 1/2 tsp. baking powder | ✓ 4 Tbsp. unsweet almond milk |

DIRECTIONS

Mix together 1 tbsp chocolate whey, 3 tbsp cocoa powder, 1/2 tsp baking powder, 1 tbsp truvia, 2 tbsp apple puree and 4 tbsp almond milk in a bowl.

Flatten off the top with your spoon and put in the microwave for about 1 & 1/2 minutes. Don't overcook it! Leave to cool until warm before eating.

17. Hemp Protein Brownie Muffins

Serves 4

These chocolate muffins have enough richness to satisfy intense brownie cravings. And they're flourless with just five ingredients, including chopped dark chocolate, eggs, and coconut sugar.

These are still more like dessert than breakfast, but with the boost of using hemp protein instead of flour, you're getting close to 10 grams of protein per chocolate snack.

Nutrition Facts (Per Serving) 153 CALORIES | 9 g PROTEIN | 11 g CARBS | 11 g FAT

INGREDIENTS

- | | |
|-----------------------------------------------------|---------------------------------------------------|
| ✓ 1/4 cup hemp protein powder | ✓ 2 large eggs |
| ✓ 1/2 tsp. baking powder | ✓ 1 oz. dark chocolate, chopped |
| ✓ 1 Tbsp. coconut sugar (or
sweetener of choice) | ✓ 2 Tbsp. semisweet chocolate
chips (optional) |

DIRECTIONS

Mix everything together. Bake mini-muffins instead of regular sized muffins to make sure they're nicely baked. Bake them 15 minutes at 230 degrees Celsius.

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