

Protein Brownies (4 Ingredients)



These protein brownies are super fudgy, gooey, and need just four ingredients to make! No flour, no eggs, and no butter needed, they make a guilt free dessert fix.

Course	Dessert
Cuisine	American
Prep Time	5 minutes
Cook Time	15 minutes
Total Time	20 minutes
Servings	12 brownies
Calories	97kcal
Author	Arman Liew

Ingredients

- 1 cup banana measured as mashed
- 1/2 cup almond butter can sub for peanut butter, cashew butter or a nut butter alternative
- 1/4 cup cocoa powder
- 1/2 cup protein powder

Instructions

1. Preheat the oven to 180C/350F. Line an 8 x 8-inch pan with parchment paper and set aside.
2. In a high speed blender or mixing bowl, combine all your ingredients and blend or mix until smooth.
3. Transfer the brownie batter to the lined pan and bake for 15-20 minutes, or until the tops are firm.
4. Remove the brownies from the oven and gently press down on the tops to form a crackly top. Let them cool completely before slicing and serving.

Notes

TO STORE: Leftovers should be stored in the refrigerator, covered, as they will spoil at room temperature. They will keep well for up to five days.

TO FREEZE: Place the brownies in an airtight container and store them in the freezer for up to 6 months.

Nutrition

Serving: 1brownie | Calories: 97kcal | Carbohydrates: 6g | Protein: 6g | Fat: 6g | Sodium: 8mg | Potassium: 163mg | Fiber: 2g | Vitamin A: 20IU | Vitamin C: 1mg | Calcium: 54mg | Iron: 1mg | NET CARBS: 4g