

Fudgy Protein Brookies

Course: **Cakes, Snacks, Breakfast**

Servings	Prep time	Cooking time	Total time
9 servings	15 minutes	20 minutes	35 minutes

Ingredients

Brownie Batter:

- 125g (⅔ cup) unsweetened applesauce
- 65g (⅓ cup) coconut oil or melted butter
- 100g (scant ½ cup) honey or maple syrup
- 1 large egg + 1 egg yolk1 ¼ tsp vanilla extract
- 50g (⅔ cup) chocolate or vanilla protein powder
- 40g (⅓ cup) cocoa powder
- 60g (½ cup) almond flour or oat flour
- ⅔ tsp baking powder
- 1 pinch salt
- 50g (⅓ cup) dark chocolate chips

Cookie Dough:

- 1 large egg
- 65g (⅓ cup) almond butter or peanut butter
- 50g (scant ½ cup) honey or maple syrup
- 1 ¼ tsp vanilla extract
- 50g (⅔ cup) vanilla or neutral protein powder
- 75g (scant ⅔ cup) almond flour or oat flour
- ⅔ tsp baking soda
- 40g (¼ cup) dark chocolate chips

Directions

Preheat & Prep the Pan

- 1 Preheat your oven to **350°F (175°C)** and line a **9x9-inch (23x23 cm) baking pan** with parchment paper.

Make the Brownie Batter

- 2** In a bowl, mix together **applesauce, coconut oil, honey (or maple syrup), egg, and vanilla** until smooth.
- 3** Stir in **protein powder, cocoa powder, almond flour, baking powder, and salt** until just combined.
- 4** Fold in the **chocolate chips** and pour the batter into the prepared baking pan.

Make the Cookie Dough

- 5** In a separate bowl, whisk the **egg, almond butter, honey (or maple syrup), and vanilla** together.
- 6** Stir in **protein powder, almond flour, and baking soda** until a soft dough forms.
Gently fold in the **chocolate chips**.

Assemble the Brookies

- 7** Drop spoonfuls of **cookie dough** over the brownie batter.
- 8** Use a knife or spatula to **lightly swirl** the layers together for a marbled effect.

Bake & Cool

- 9** Bake for **20–24 minutes** until the top is set but the center is slightly soft (don't overbake!).
- 10** Let them cool in the pan for **at least 15 minutes** before slicing.
- 11** For an extra fudgy texture, refrigerate for an hour before serving.