

## Chocolate Protein Brownies Recipe



### Nutrition Facts

Amount Per Protein Brownie

<b>Calories</b>	147 kcal
<b>Protein</b>	11.5g
<b>Carbohydrate</b>	11.9g
<b>Fat</b>	5.6g
<b>Dietary Fiber</b>	2.8g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients for 9 Chocolate Protein Brownies:

- 130g Myprotein Instant Oats
- 40g Cocoa (unsweetened)
- 80g Myprotein Whey Protein (Chocolate or Cookies)
- 1 Pinch of salt
- 1 Pinch of baking powder
- 15g Cocoa Nibs (gluten-free)
- 3 Eggs
- 10ml Walden Farms Caramel Syrup
- 30ml Soy milk (Chocolate)

### Preparation of Chocolate Protein Brownies:



Preheat the oven to 200° Celsius for 10 minutes. Mix all dry ingredients (Myprotein Instant Oats, Cocoa, Whey Protein, Salt, Baking Powder and Cocoa Nibs) in a big bowl. Mix eggs, Walden Farms Caramel Syrup and Soy Milk in another bowl. Afterwards mix dry and liquid ingredients.

Put the mass on a baking sheet with a baking paper (about 5mm high). Bake it for about 15 minutes (180° Celsius). Let it cool down and cut 9 Protein Brownies. One Protein Brownie contains 147 calories and 11.5g of Protein.

Enjoy these healthy and delicious brownies!

Do you know our [Calorie Calculator](#)? You can easily calculate your needed calories to gain mass or lose fat. Check it out!