

Zucchini Bread Recipes

Protein Brownie – Moist, Fudgy, Gooey in 1 Minute

5 min Prep time	**1 min** Cook time	**6 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1/2 cup whey protein powder (chocolate flavored)
- [ ] 1/4 cup almond flour
- [ ] 2 tbsp cocoa powder
- [ ] 1 large egg
- [ ] 2 tbsp maple syrup
- [ ] 1/2 tsp vanilla extract
- [ ] 1/4 tsp baking powder

Optional Add-Ins

- [ ] 1 tbsp dark chocolate chips
- [ ] 1 tbsp chopped walnuts

Instructions

1. In a microwave-safe mug, whisk together whey protein, almond flour, cocoa, and baking powder until evenly blended.



2. Add the egg, maple syrup, and vanilla; stir gently until a smooth batter forms—don’t over-mix.



3. If you like, fold in chocolate chips or walnuts for extra texture.



4. Microwave on high for 60 seconds; the brownie should rise slightly and look set on top.



5 Let it rest for one minute, then drizzle a little extra maple syrup and enjoy warm.



Nutrition per serving

180 kcal	15 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the brownie looks too wet after 60 seconds, add another 10-15 seconds; microwaves vary.
- For a fudgier center, reduce cooking time by 10 seconds and let it finish with residual heat.
- You can double the recipe using a larger microwave-safe bowl and adjust cooking time accordingly.