

Zucchini Bread Recipes

Soft & Gooey Protein Blondies Recipe (10g Protein)

10 min Prep time	**20 min** Cook time	**30 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Wet Ingredients

- [ ] 1/2 cup almond butter
- [ ] 1/2 cup brown sugar
- [ ] 1/2 cup Greek yogurt
- [ ] 2 eggs
- [ ] 1 teaspoon vanilla extract

Dry Ingredients

- [ ] 1 cup all-purpose flour
- [ ] 1/2 cup vanilla protein powder
- [ ] 1/2 teaspoon baking soda
- [ ] 1/4 teaspoon salt

Mix-ins

- [ ] 1/2 cup chocolate chips
- [ ] 1/4 cup chopped walnuts (optional)

Instructions

1. Preheat oven to 350°F (175°C). Line an 8x8 inch baking pan with parchment paper, leaving some overhang for easy removal.
2. In a large bowl, whisk together almond butter, brown sugar, Greek yogurt, eggs, and vanilla extract until smooth and well combined.
3. In a separate bowl, whisk together flour, protein powder, baking soda, and salt.
4. Gradually add the dry ingredients to the wet ingredients, mixing just until combined. Don't overmix - a few streaks of flour are okay.
5. Fold in the chocolate chips and walnuts if using. The batter will be thick, like cookie dough.
6. Spread the batter evenly into the prepared pan. It helps to wet your fingers or use a spatula to press it into the corners.
7. Bake for 18-22 minutes, until the edges are golden brown and the center is set but still slightly jiggly.
8. Let cool completely in the pan on a wire rack before cutting into squares. This is crucial for the perfect texture.

Nutrition per serving

180 kcal	10 g	20 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure all ingredients are at room temperature for easiest mixing
- Don't overbake - the blondies will continue to set as they cool
- Store in an airtight container to maintain moisture
- These freeze beautifully for up to 3 months