

Zucchini Bread Recipes

Two Minute Protein Brownie

2 min Prep time	**1 min** Cook time	**3 min** Total time
1 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 scoop (30g) chocolate protein powder
- [ ] 2 tbsp almond flour
- [ ] 1 tbsp unsweetened cocoa powder
- [ ] 1 tbsp maple syrup
- [ ] 2 tbsp unsweetened apple sauce
- [ ] 2 tbsp milk (dairy or plant)
- [ ] 1/4 tsp vanilla extract
- [ ] Pinch of sea salt

Instructions

1. In a microwave-safe mug, whisk together protein powder, almond flour, cocoa powder, and sea salt until no lumps remain.
2. Add maple syrup, apple sauce, milk, and vanilla; stir until the batter is smooth and glossy.
3. Microwave on high for 60 seconds. If the top looks wet, add another 10-15 seconds; the brownie should be set but still soft in the middle.
4. Let it rest for a minute, then sprinkle a pinch of cocoa or drizzle a little nut butter before savoring.

Nutrition per serving

210 kcal	15 g	18 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a richer chocolate flavor, add an extra half-teaspoon of cocoa.
- For a nut-free version, substitute almond flour with oat flour.
- The brownie thickens as it cools; enjoy it warm for the best texture.