



Fudgy Protein Brownies

Ingredients

- ½ cup peanut butter (or butter)
- ¼ cup honey or maple syrup
- 1 tsp vanilla extract
- 2 eggs
- 1 serving ESC Whey Protein Isolate
- ¼ cup cocoa powder
- ¼ tsp salt
- ½ tsp baking powder
- ¼ cup almond flour (or regular flour)
- ⅓ cup chocolate chips

Directions

- **Preheat & Prepare:** Preheat the oven to **350°F** and line an 8x8-inch pan with parchment paper.
- **Mix Wet Ingredients:** In a bowl, whisk together peanut butter, honey (or maple syrup), vanilla extract, and eggs until smooth.
- **Add Dry Ingredients:** Stir in ESC Whey Protein, cocoa powder, salt, baking powder, and almond flour until fully combined.
- **Fold in Chocolate Chips:** Gently mix in the chocolate chips.
- **Bake:** Pour the batter into the prepared pan and bake for **15-18 minutes**, or until the edges are set but the center is still slightly soft.
- **Cool & Serve:** Let the brownies cool in the pan for 10-15 minutes before slicing into **9 squares**.

Nutritional Facts	
Servings Per Batch	9
Serving Size	1
Amount per Serving	
Calories	180
Carbs	14g
Fat	10g
Protein	10g

*Nutritional Facts will vary depending on ingredients