

Choco Fever Dream

1 Minute Protein Brownie

A 60-second protein brownie that’s fudgy, chocolatey, and surprisingly wholesome.

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

Ingredients

Brownie Base

- [ ] 1/2 cup protein powder (chocolate or vanilla)
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp almond flour
- [ ] 2 tbsp maple syrup
- [ ] 2 tbsp plain Greek yogurt
- [ ] 1/4 tsp baking powder
- [ ] pinch of sea salt

Optional Mix-Ins

- [ ] 2 tbsp dark chocolate chips
- [ ] 1 tsp espresso powder

Instructions

1. In a microwave-safe mug, whisk together protein powder, cocoa, almond flour, baking powder, and sea salt.
2. Add maple syrup and Greek yogurt; stir until a thick batter forms, scraping the sides.
3. Fold in chocolate chips and espresso powder if using.
4. Microwave on high for 45-60 seconds, watching for the edges to set while the center stays slightly soft.
5. Let it rest for 30 seconds; the brownie will finish cooking and become fudgy.

Nutrition per serving

190 kcal	18 g	15 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks too thick, add a splash of milk or water.
- Microwave power varies; start with 45 seconds and add more if needed.
- For a richer flavor, use a pinch of sea salt on top before cooking.