

Choco Fever Dream

Soft and Gooey Protein Blondies

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Batter

- ☐ 1 cup (2 sticks) unsalted butter, melted
- ☐ 1/2 cup honey
- ☐ 1 cup brown sugar
- ☐ 2 large eggs
- ☐ 2 tsp vanilla extract
- ☐ 1 cup vanilla whey protein powder
- ☐ 1 cup all-purpose flour
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp sea salt
- ☐ 1/2 cup Greek yogurt
- ☐ Optional: 1/4 cup dark chocolate chips

Instructions

1. Preheat the oven to 350°F (180°C) and line an 8-inch square pan with parchment paper.
2. In a medium bowl, whisk together melted butter, honey, and brown sugar until smooth; the mixture should smell fragrant and slightly glossy.
3. Add eggs one at a time, beating gently, then stir in vanilla and Greek yogurt; the batter becomes creamy and a bit thick.
4. In a separate bowl, combine protein powder, flour, baking powder, and sea salt; whisk to break up any lumps.
5. Fold the dry mixture into the wet ingredients just until incorporated. If using, sprinkle chocolate chips over the top and give a light stir.
6. Spread the batter evenly in the prepared pan, smoothing the surface with a spatula. Sprinkle a tiny pinch of sea salt for contrast.
7. Bake for 18-20 minutes, or until the edges are golden and a toothpick inserted in the center comes out with a few moist crumbs.
8. Allow the blondies to cool in the pan for 5 minutes, then lift them out using the parchment and cut into squares.

Nutrition per serving

210 kcal	12 g	20 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- The blondies remain soft when still warm; if you prefer a firmer texture, let them cool completely before slicing.
- A drizzle of honey on warm squares adds an extra layer of glossy sweetness.
- Feel free to swap vanilla whey for chocolate whey for a richer cocoa flavor.