

Choco Fever Dream

Two Minute Protein Brownie – Gluten-Free Single-Serve

2 min Prep time	**2 min** Cook time	**4 min** Total time
1 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 scoop (30 g) chocolate protein powder
- [ ] 2 tbsp almond flour
- [ ] 1 tbsp unsweetened cocoa powder
- [ ] 1 large egg white
- [ ] 1 tbsp maple syrup
- [ ] 2 tbsp unsweetened almond milk
- [ ] 1 tbsp dark chocolate chips

Optional Topping

- [ ] A pinch of sea salt
- [ ] Fresh berries or a drizzle of peanut butter

Instructions

1. In a microwave-safe mug, whisk together the protein powder, almond flour, and cocoa powder until evenly blended.
2. Add the egg white, maple syrup, and almond milk; stir gently until a smooth batter forms.
3. Fold in the dark chocolate chips and a pinch of sea salt, then smooth the top with a spoon.
4. Microwave on high for 2 minutes. Let stand for 1 minute; top with berries or a drizzle of peanut butter if desired.

Nutrition per serving

210 kcal	18 g	14 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If your microwave runs hotter, start with 1 minute 30 seconds and add time in 10-second bursts.
- For an extra fudgy center, reduce the cooking time slightly.
- Serve warm for the best texture; the brownie firms up as it cools.