

## High-Protein Brownies with Cottage Cheese - Easy, Rich & Guilt-Free

Cottage Cheese Protein Brownies



**OVEN**  
**350°F**

**TIME**  
**30 min**

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**Recipe Card**

**SAVE**  
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### INGREDIENTS

- 1 cup cottage cheese (low-fat or fat-free)
- 1/2 cup unsweetened cocoa powder
- 1/4 cup honey or sugar substitute (like Stevia), to taste
- 1/4 cup unsweetened applesauce
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- Pinch of salt

Optional: chocolate chips or chopped nuts for texture

Ingredient Swaps & Notes:

Sweetener: Use maple syrup, agave, or monk fruit depending on your dietary needs.

Cottage Cheese: Full-fat works for a richer texture, and Greek yogurt can be subbed in a pinch.

Add-ins: Dark chocolate chips or chopped walnuts make a great texture contrast.

Vegan? Use a plant-based cottage cheese and flax eggs, but bake time may need adjusting.

Step-by-Step Instructions:

1. Preheat the Oven:
2. Blend the Batter:
3. Add Extras (Optional):
4. Bake:
5. Cool & Slice:

#### Tips for Success:

**Blend well:** Cottage cheese should be completely smooth-no curds!

**Don't overbake:** Slightly underbaking helps maintain fudginess.

**Refrigerate leftovers:** These get even better after a chill.

**Want more rise?** Add an extra 1/4 tsp baking powder or a spoonful of almond flour.

#### Serving Suggestions & Pairings:

A post-workout snack with almond milk

A sweet treat after Peanut Butter Brownies

A lunchbox surprise with Chocolate Chip Cookie Bites

Dessert with a side of Brownie Batter Dip

Edible Cookie Dough

3-Ingredient Oatmeal Cookies

#### Storage & Leftovers:

**Refrigerate:** Keep in an airtight container for up to 5 days.

**Freeze:** Freeze individually wrapped brownies for up to 3 months.

## DIRECTIONS

1. **Preheat the Oven:** Set your oven to 350°F (175°C). Grease or line an 8x8-inch baking dish with parchment paper.
2. **Blend the Batter:** In a large bowl, combine cottage cheese, cocoa powder, honey or sweetener, applesauce, eggs, vanilla, baking powder, and salt. Blend using a hand mixer or blender until smooth and creamy.
3. **Add Extras (Optional):** Fold in chocolate chips or nuts if using.
4. **Bake:** Pour the batter into the prepared pan and smooth the top. Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean.
5. **Cool & Slice:** Let brownies cool for a few minutes in the pan before cutting into squares. They will firm up more as they cool.
6. **Tips for Success:** Blend well: Cottage cheese should be completely smooth-no curds!
7. **Don't overbake:** Slightly underbaking helps maintain fudginess.
8. **Refrigerate leftovers:** These get even better after a chill.
9. **Want more rise?** Add an extra 1/4 tsp baking powder or a spoonful of almond flour.
10. **Serving Suggestions & Pairings:** These brownies are perfect as:
  11. A post-workout snack with almond milk
  12. A sweet treat after : Peanut Butter Brownies
  13. A lunchbox surprise with : Chocolate Chip Cookie Bites
  14. Dessert with a side of : Brownie Batter Dip
15. Also try pairing them with these smart snack options:

16. Edible : Cookie Dough
17. 3-Ingredient Oatmeal Cookies
18. Storage & Leftovers: Refrigerate: Keep in an airtight container for up to 5 days.
19. Freeze: Freeze individually wrapped brownies for up to 3 months.
20. Best served chilled or room temp for the ultimate fudgy bite.
21. More Recipes You'll Love: Brownie Batter Dip
22. Chocolate : Chip Cookie Bites
23. The : Best Peanut Butter Brownies
24. Oatmeal : Breakfast Cookies
25. Final Thoughts: Who knew cottage cheese could transform brownies into a high-protein powerhouse without sacrificing flavor? These Cottage Cheese Protein Brownies are the best of both worlds-rich and chocolatey, yet nourishing and light. Whether you're fueling your body or just treating yourself, this is one recipe you'll come back to again and again.

## SWAPS & NOTES

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Add-ins : Dark chocolate chips or chopped walnuts make a great texture contrast.

Use a plant-based cottage cheese and flax eggs, but bake time may need adjusting.

## TIPS FOR SUCCESS

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Don't overbake : Slightly underbaking helps maintain fudginess.

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Add an extra 1/4 tsp baking powder or a spoonful of almond flour.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/high-protein-brownies-with-cottage-cheese-easy-rich-guilt-free/>