

Cottage Cheese Protein Brownies - Guilt-Free, High-Protein, and Fudgy

Cottage Cheese Protein Brownies ??



OVEN
350°F

TIME
30 min

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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)
1/4 cup unsweetened applesauce
2 large eggs
1 tsp vanilla extract
1/2 tsp baking powder
Pinch of salt
Optional: chocolate chips or chopped nuts for texture

DIRECTIONS

- 1.** Preheat & Prep: Preheat your oven to 350°F (175°C). Grease an 8x8-inch baking dish or line it with parchment paper.
- 2.** Make the Batter: In a large bowl, combine:
- 3.** Cottage cheese
- 4.** Cocoa powder
- 5.** Honey or sweetener
- 6.** Applesauce
- 7.** Eggs
- 8.** Vanilla extract
- 9.** Baking powder
- 10.** Salt
- 11.** Blend with a hand mixer or blender until smooth and creamy. This helps break down the cottage cheese for the best texture.
- 12.** Add Optional Mix-ins: Fold in chocolate chips or nuts if using. They add extra indulgence and crunch!
- 13.** Bake: Pour the batter into the prepared pan and smooth the top. Bake for 25-30 minutes, or until a toothpick inserted (not through the Nutella if using) comes out mostly clean with a few moist crumbs.
- 14.** Cool & Slice: Let brownies cool in the pan for 10-15 minutes before slicing into squares.
- 15.** Enjoy warm or refrigerate for a denser, fudgier texture!

TIPS FOR SUCCESS

Blend the cottage cheese well for a smooth batter-no lumps!

Don't overbake : brownies should still be soft in the center when pulled from the oven.

Add dark chocolate chunks or walnuts for texture and antioxidants.

Let them chill for best slicing and flavor development.

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

Original recipe: <https://chefmaniac.com/cottage-cheese-protein-brownies-guilt-free-high-protein-and-fudgy/>