

TVP Protein Brownies



These [textured vegetable protein \(TVP\)](#) brownies are a unique way to boost your protein and fiber intake in a satisfying chocolate dessert. Developed by a nutritionist, they have a moist, cocoa-rich texture and are made with simple ingredients. They're a great option for a satisfying snack or for incorporating more [plant-based protein](#) into your daily routine.

Preparation 10 min

Cooking 25 min

Servings 9

Nutrition Facts (per serving)

Calories 170

Fat 6

Carbohydrates 21

Fibre 4

Protein 8

Sodium 45

Ingredients

- 3 large eggs

- 60 ml (¼ cup) 0% plain Greek yogurt
- 5 ml (1 tsp) vanilla extract
- 125 ml (½ cup) unbleached all-purpose flour (or gluten-free flour)
- 125 ml (½ cup) fine textured vegetable protein (TVP) (such as [Mini OG Grounded](#))*
- 80 ml (? cup) cocoa powder
- 5 ml (1 tsp) instant coffee powder
- 5 ml (1 tsp) baking powder
- 60 ml (¼ cup) semi-sweet dark chocolate chips
- 60 ml (¼ cup) coarsely chopped walnuts (optional)
- 1 pinch of salt

Preparation

1. Preheat oven to 350°F (180°C).
2. Line an 8-inch (20 cm) square pan with parchment paper slightly larger than the pan to make removal easier.
3. In a large bowl, combine the eggs, date puree, yogurt, and vanilla.
4. Add the flour, TVP, cocoa powder, coffee, baking powder, and salt. Mix until well combined.
5. Fold in the chocolate chips and walnuts, if desired.
6. Transfer the batter to the prepared pan and smooth the surface.

7. Bake for 25 minutes.
8. Let cool completely on a wire rack before cutting into portions.

Notes

Store for 5 days in the refrigerator or 3 months in the freezer.

*If using TVP with larger pieces, process it to a fine texture in a blender or food processor before adding it to the recipe to ensure a smooth consistency.



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