

Protein Breakfast Brownies



What if chocolate could be a healthy addition to your lunch? Developed by our [Registered Dietitians](#), this protein brownie reinvents your mornings with an ultra-moist texture and rich flavor, without any added sugar. It's the perfect option to bake on Sunday for a protein-packed snack or lunch, ready to take with you throughout the week! For more lunch ideas, check out our top [10 Quick and Balanced Breakfasts to Start your Day](#).

Preparation 10 min

Cooking 35 min

Servings 8

Nutrition Facts (per serving)

Calories 315

Fat 10

Carbohydrates 35

Fibre 7

Protein 21

Sodium 120

Ingredients

- 430 mL (1 $\frac{3}{4}$ cups) rolled oats
- 30 mL (2 tbsp) chia seeds
- 125 mL ($\frac{1}{2}$ cup) cocoa powder
- 60 mL ($\frac{1}{4}$ cup) chocolate protein powder

- 1 pinch salt
- 3 large bananas, mashed
- 250 mL (1 cup) 0% M.F. vanilla Greek yogurt
- 80 mL (1/3 cup) natural peanut butter*
- 2 large eggs
- 60 mL (1/4 cup) egg whites
- 7 mL (1 1/2 tsp) pure vanilla extract

Preparation

1. Preheat oven to 180°C (350°F). Line an 20 cm (8 in) square baking dish with parchment paper.
2. In a food processor, grind the rolled oats and chia seeds into a fine flour.
3. In a large bowl, combine the dry ingredients: oat and chia flour, cocoa powder, protein powder, baking powder, and salt.
4. In another bowl, whisk the mashed bananas, Greek yogurt, peanut butter, eggs, egg whites, and vanilla extract.
5. Pour the dry ingredients into the wet mixture. Stir with a spatula until smooth.
6. Transfer the batter into the prepared baking dish and smooth the top.
7. Bake in the oven for 35 minutes or until the center is firm to the touch.
8. Cool completely in the pan before cutting into 8 equal squares.

Notes

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

*For a peanut-free version, replace the peanut butter with soy, pumpkin seed, or sunflower seed butter.



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