

Bite Spoon

1-Minute Protein Brownie – Moist, Fudgy, Gooey

2 min Prep time	**1 min** Cook time	**3 min** Total time
1 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1/2 cup vanilla protein powder
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp honey
- [ ] 2 tbsp Greek yogurt
- [ ] 1/4 tsp baking powder
- [ ] 1/4 tsp vanilla extract
- [ ] Pinch of salt

Optional Toppings

- [ ] A drizzle of almond butter
- [ ] A sprinkle of sea salt
- [ ] Chopped walnuts

Instructions

1. In a microwave-safe mug, whisk together protein powder, cocoa, baking powder, and salt.
2. Add honey, Greek yogurt, and vanilla; stir until a smooth batter forms.
3. Microwave on high for 60 seconds. The top should look set, while the center remains slightly soft.
4. Let the brownie rest for 1 minute, then top with almond butter or a pinch of sea salt if desired.
5. Enjoy warm, feeling the chocolate aroma fill the kitchen.

Nutrition per serving

250 kcal	20 g	25 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If your microwave is powerful, start with 45 seconds and add time in 5-second bursts.
- For extra fluffiness, sift the cocoa and protein powder together.
- A tiny splash of milk can loosen the batter if it feels too thick.