



Long Livo

1 Minute Protein Brownie

A 60-second protein brownie that's fudgy, chocolatey, and surprisingly wholesome.

2 min

Prep time

1

Servings

1 min

Cook time

Easy

Difficulty

3 min

Total time

American

Cuisine

Ingredients

Brownie Base

- ☐ 1/2 cup protein powder (chocolate or vanilla)
- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 2 tbsp almond flour
- ☐ 2 tbsp maple syrup

- ☐ 2 tbsp plain Greek yogurt
- ☐ 1/4 tsp baking powder
- ☐ pinch of sea salt

Optional Mix-Ins

- ☐ 2 tbsp dark chocolate chips
- ☐ 1 tsp espresso powder

Instructions

- 1 In a microwave-safe mug, whisk together protein powder, cocoa, almond flour, baking powder, and sea salt.
- 2 Add maple syrup and Greek yogurt; stir until a thick batter forms, scraping the sides.
- 3 Fold in chocolate chips and espresso powder if using.
- 4 Microwave on high for 45-60 seconds, watching for the edges to set while the center stays slightly soft.
- 5 Let it rest for 30 seconds; the brownie will finish cooking and become fudgy.

Nutrition per serving

190 kcal

Calories

18 g

Protein

15 g

Carbs

8 g

Fat

Tips & notes

- If the batter looks too thick, add a splash of milk or water.
- Microwave power varies; start with 45 seconds and add more if needed.
- For a richer flavor, use a pinch of sea salt on top before cooking.