



Long Livo

Soft and Goopy Protein Blondies

15 min

Prep time

8

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 1 cup (2 sticks) unsalted butter, melted
- ☐ 1/2 cup honey
- ☐ 1 cup brown sugar
- ☐ 2 large eggs
- ☐ 2 tsp vanilla extract
- ☐ 1 cup vanilla whey protein powder
- ☐ 1 cup all-purpose flour
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp sea salt
- ☐ 1/2 cup Greek yogurt
- ☐ Optional: 1/4 cup dark chocolate chips

Instructions

- 1 Preheat the oven to 350°F (180°C) and line an 8-inch square pan with parchment paper.
- 2 In a medium bowl, whisk together melted butter, honey, and brown sugar until smooth; the mixture should smell fragrant and slightly glossy.
- 3 Add eggs one at a time, beating gently, then stir in vanilla and Greek yogurt; the batter becomes creamy and a bit thick.
- 4 In a separate bowl, combine protein powder, flour, baking powder, and sea salt; whisk to break up any lumps.
- 5 Fold the dry mixture into the wet ingredients just until incorporated. If using, sprinkle chocolate chips over the top and give a light stir.
- 6 Spread the batter evenly in the prepared pan, smoothing the surface with a spatula. Sprinkle a tiny pinch of sea salt for contrast.
- 7 Bake for 18-20 minutes, or until the edges are golden and a toothpick inserted in the center comes out with a few moist crumbs.
- 8 Allow the blondies to cool in the pan for 5 minutes, then lift them out using the parchment and cut into squares.

Nutrition per serving

210 kcal

Calories

12 g

Protein

20 g

Carbs

12 g

Fat

Tips & notes

- The blondies remain soft when still warm; if you prefer a firmer texture, let them cool completely before slicing.
- A drizzle of honey on warm squares adds an extra layer of glossy sweetness.
- Feel free to swap vanilla whey for chocolate whey for a richer cocoa flavor.