



Long Livo

Two Minute Protein Brownie – Gluten-Free Single-Serve

2 min
Prep time

1
Servings

2 min
Cook time

Easy
Difficulty

4 min
Total time

American
Cuisine

Ingredients

Main Ingredients

- ☐ 1 scoop (30 g) chocolate protein powder
- ☐ 2 tbsp almond flour
- ☐ 1 tbsp unsweetened cocoa powder
- ☐ 1 large egg white

- ☐ 1 tbsp maple syrup
- ☐ 2 tbsp unsweetened almond milk
- ☐ 1 tbsp dark chocolate chips

Optional Topping

- ☐ A pinch of sea salt
- ☐ Fresh berries or a drizzle of peanut butter

Instructions

- 1** In a microwave-safe mug, whisk together the protein powder, almond flour, and cocoa powder until evenly blended.
- 2** Add the egg white, maple syrup, and almond milk; stir gently until a smooth batter forms.
- 3** Fold in the dark chocolate chips and a pinch of sea salt, then smooth the top with a spoon.
- 4** Microwave on high for 2 minutes. Let stand for 1 minute; top with berries or a drizzle of peanut butter if desired.

Nutrition per serving

210 kcal
Calories

18 g
Protein

14 g
Carbs

12 g
Fat

Tips & notes

- If your microwave runs hotter, start with 1 minute 30 seconds and add time in 10-second bursts.
- For an extra fudgy center, reduce the cooking time slightly.
- Serve warm for the best texture; the brownie firms up as it cools.