

RECIPE



A guilt-free indulgence for energy, recovery, and satisfaction. These fudgy, high-protein chocolate brownies are the perfect blend of indulgence and nourishment. Ideal for post-workout recovery, afternoon snacks, or healthy desserts, they're naturally sweetened with ripe bananas and powered by protein powder, heart-healthy walnuts, and antioxidant-rich dark chocolate. Plus, they're gluten-free and contain no refined sugar.

Protein-Packed Chocolate Brownies

Ingredients

(9-16 servings)

2 large ripe bananas, peeled

2 large eggs

6 oz dark chocolate chips or chopped dark chocolate (70% cacao or higher)

1/3 cup coconut butter, plus extra for greasing

¾ cup plant-based chocolate protein powder

1 tsp. baking powder

½ cup chopped walnuts

Instructions:

Preheat the oven to 350°F (175°C). Line an 9x9-inch baking pan with parchment paper and lightly grease with coconut butter.

Blend the bananas and eggs in a stand mixer on medium-high speed for 8 minutes, until smooth and fluffy.

Melt the dark chocolate and coconut butter together in a heatproof bowl using the microwave (30-second increments, stirring in between) or over a double boiler. Stir until completely smooth.

Combine the melted chocolate mixture with the banana-egg mixture, folding gently with a spatula until fully incorporated.

Yours to Artful Eating,

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Fold in the protein powder and baking powder, mixing gently from bottom to top until the batter is uniform.

Pour the batter into the prepared pan and sprinkle chopped walnuts evenly on top.

Bake for 15 minutes or until a toothpick inserted in the center comes out clean or with moist crumbs (not wet batter).

Cool completely in the pan before cutting into squares.

Health Benefits of This Recipe:

- Protein supports muscle recovery and satiety, helping with weight management and energy levels.
- Dark chocolate is rich in antioxidants, supporting cardiovascular and brain health.
- Bananas provide natural sweetness, potassium, and prebiotic fiber for gut support.
- Walnuts are a great source of omega-3s and promote brain and heart health.
- Coconut butter adds healthy fats for sustained energy and a moist, satisfying texture.

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