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Description

Satisfy your deepest chocolate cravings with a batch of warm, fudgy cookies that taste like a bakery indulgence! These High-Protein Low-Carb Brownie Mix Cookies feature a rich, chewy center and a slightly crisp exterior that delivers pure chocolate bliss without the excess sugar. By combining a low-carb brownie mix base with clean protein powder and Greek yogurt, this decadent treat blends deep cocoa flavor with wholesome nutrition tailored for high protein and low-carb meal plans.

Can This High-Protein Low-Carb Brownie Mix Cookies Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by replacing traditional high-sugar baking ingredients with protein-rich components that enhance satiety. High protein options naturally keep you feeling full longer, reducing the temptation to graze on empty calories throughout the day. By enjoying these portion-controlled cookies, you can conquer sweet cravings while staying comfortably on track with your nutritional targets.

Does High-Protein Low-Carb Brownie Mix Cookies Fit a High-Protein Lifestyle?

These cookies fit seamlessly into a high protein, low-carb lifestyle, providing roughly 9 grams of quality protein and moderate net carbs per cookie. By integrating a specialized low-carb brownie mix with unflavored protein powder and egg whites, this recipe delivers impressive muscle-supporting macros without sacrificing decadent chocolate flavor. It offers an easy, delicious way to treat yourself while keeping your daily protein intake elevated.

My Personal Experience

- **Fudgy Center Perfection:** Pulling these warm cookies from the oven reveals a luxuriously soft and fudgy interior texture. They hold their shape beautifully on the baking sheet without spreading into a flat, greasy mess.
- **Intense Chocolate Hit:** Every single bite bursts with rich cocoa flavor that completely tricks your brain into thinking it is cheating. Pairing one with an iced coffee makes for the ultimate rewarding afternoon pick-me-up.

Perfect For:

- High protein desserts and sweet cravings
- Post-workout high-protein sweet snacks
- Low-carb and keto diet plans
- Weekend baking and meal prep treats
- Healthy chocolate-lover gatherings

Why You'll Love This Recipe:

- **Decadent Chocolate Taste:** Delivers rich, fudgy brownie flavor in a convenient, portable cookie format. It satisfies sweet tooth emergencies without derailing your daily macro tracking.

- **Lightning Fast Prep:** Comes together in just a few simple steps using a pre-made low-carb mix base. You can bake a fresh batch of warm cookies in under twenty minutes from start to finish.

Common Mistakes to Avoid:

1. **Overbaking the cookies:** Leaving them in too long turns them dry and cakey instead of fudgy and soft.
2. **Skipping parchment paper:** Sticky low-carb batters will grip metal baking sheets tightly without a non-stick liner.
3. **Scooping too large:** Massive dough mounds take unevenly long to cook through the center.
4. **Skipping the cool down:** Moving hot cookies immediately causes them to crumble before they set.

Required Equipment:

- **Baking Sheet:** Provides a flat, sturdy surface for even cookie spacing and heat distribution.
- **Parchment Paper:** Prevents sticking and ensures effortless cookie removal after baking.
- **Cookie Scoop:** Portions equal amounts of dough to guarantee even cooking times.
- **Wire Cooling Rack:** Promotes fast airflow underneath to help the cookies set properly.

Storage Instructions:

Store leftover cookies in an airtight glass container with a square of paper towel in the refrigerator for up to 5 days. For longer storage, place them in a freezer-safe container with parchment between layers for up to 2 months. Thaw at room temperature or warm in the

microwave for 10 seconds to restore a freshly baked texture.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 12 minutes
- Total Time: 22 minutes
- Servings: 12 cookies
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~110 calories (approximate estimate)

A high-protein, low-carb cookie crafted from a low-carb brownie mix base, clean protein powder, and rich cocoa. Delivers a fudgy center, deep chocolate flavor, and fantastic nutrition macros. Perfect for healthy desserts, sweet snack cravings, and guilt-free treats.

□ Ingredients:

- 2 cups low-carb chocolate brownie baking mix (sugar-free variety)
- $\frac{1}{3}$ cup unflavored or chocolate whey protein isolate powder (high-protein anchor)
- 2 large egg whites (binds ingredients and adds airy structure)
- $\frac{1}{4}$ cup unsweetened applesauce or plain non-fat Greek yogurt (adds moisture)
- 3 tablespoons melted butter or coconut oil
- 2 tablespoons unsweetened almond milk (adjusts dough thickness)

- 2 tablespoons sugar-free chocolate chips (optional, for extra choc factor)

Directions:

1. Preheat and Prep: Preheat your oven to 350°F (175°C) and line a large baking sheet with parchment paper.
2. Combine Dry Mix: In a medium mixing bowl, whisk together the low-carb brownie baking mix and protein isolate powder until fully blended.
3. Add Wet Ingredients: Stir in the egg whites, Greek yogurt, melted butter, and almond milk until a thick, sticky cookie dough forms (*high-protein tip: mix gently to prevent overworking the protein powder*).
4. Fold Chips: Gently fold in the sugar-free chocolate chips until evenly distributed throughout the dough.
5. Scoop and Shape: Drop rounded tablespoons of dough onto the prepared baking sheet, leaving 2 inches of space between each cookie.
6. Bake: Bake at 350°F for 10–12 minutes until edges are set and centers still look slightly soft (*visual cue: centers should look slightly underbaked for a fudgy texture*).
7. Cool: Allow cookies to rest on the hot baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

Nutrition Facts (Per Serving – Approximate):

- Calories: 110 kcal
- Fats: 6 g
- Cholesterol: 10 mg

- Sodium: 160 mg
- Potassium: 90 mg
- Total Carbohydrates: 9 g
- Fiber: 4 g
- Net Carbs: 5 g
- Sugars: 1 g
- Protein: 9 g
- Calcium: 60 mg

Notes:

- Storage: Keep refrigerated in a sealed airtight container for up to 5 days.
- Reheating: Microwave single cookies for 10 seconds to enjoy a warm, gooey texture.
- Allergy Info: Contains dairy and eggs. Use plant-based protein powder and vegan butter if needed.
- Flavor Boost: Add a pinch of espresso powder to the dry mix to intensify the rich chocolate flavor.