Table of Contents

- Description
- Can This Protein Cottage Cheese Flourless Brownies Support Weight Loss Goals?
- Does Protein Cottage Cheese Flourless Brownies Fit a High Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You'll Love This Recipe:
- Common Mistakes to Avoid:
- Required Equipment:
- Storage Instructions:
- Recipe Details
- Description
- Nutrition Facts (Per Serving – Approximate):
- Notes:

Description

Indulge your chocolate cravings without derailing your goals with these Protein Cottage Cheese Flourless Brownies. Featuring a rich, dense fudginess, these brownies combine deep cocoa flavor with smooth cottage cheese to create a incredibly velvety texture. They are the ultimate guilt-free treat for anyone craving high protein desserts that effortlessly support a low-carb routine while satisfying your sweet tooth.

Can This Protein Cottage Cheese Flourless Brownies Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by replacing refined flour and excessive sugars with protein-rich cottage cheese and low-carb cocoa. The high protein content promotes satiety and helps maintain lean muscle mass, which naturally supports an active metabolism. Satisfying dessert cravings with a low-carb, high-protein alternative helps curb overall daily calorie intake without feeling deprived.

Does Protein Cottage Cheese Flourless Brownies Fit a High Protein Lifestyle?

These flourless brownies are specifically tailored for a high-protein lifestyle, providing a

macro-friendly treat with minimal net carbs per serving. Blending whole milk cottage cheese with eggs and cocoa powder delivers a dense, fudgy base packed with quality amino acids. By leaving out traditional white flour and sugar, this recipe maintains low net carbs while providing a substantial protein boost. It fits seamlessly into low-carb diet plans, post-workout routines, or high-protein snack schedules.

My Personal Experience

- Surprisingly Fudgy Texture

  Blending the cottage cheese thoroughly eliminates all curds, resulting in a silk-smooth batter that bakes into a decadent, fudgy brownie.

- Satisfies Sweet Cravings Effortlessly

  Having a pre-portioned brownie stored in the fridge makes late-night chocolate cravings easy to satisfy while keeping macros intact.

Perfect For:

- High-protein desserts after dinner that support fitness and muscle recovery goals.
- High-protein snacks for mid-afternoon energy boosts without a sugar crash.
- Low-carb recipes and keto diet plans seeking grain-free, flourless baking alternatives.

Why You’ll Love This Recipe:

- Rich and Decadent Without Flour

  Cocoa powder, eggs, and blended cottage cheese form a sturdy, velvety structure without needing any grains or refined starches.

- Hidden Protein Powerhouse

Cottage cheese blends down completely, adding rich moisture and high quality protein without any tangy flavor remaining.

Common Mistakes to Avoid:

1. Not Blending the Cottage Cheese: Leaving unblended cottage cheese in the batter creates white curds and a lumpy texture throughout the brownies.

2. Overbaking the Pan: Leaving the brownies in the oven too long dries out the cottage cheese, turning a fudgy treat cakey and dry.

3. Cutting While Hot: Slicing the brownies before they fully cool will cause them to crumble, as flourless bakes need time to set.

4. Using Low-Quality Cocoa Powder: Cheap or sweetened cocoa yields a weak chocolate flavor; use rich Dutch-processed cocoa powder for best results.

Required Equipment:

- High-Speed Blender or Food Processor: Pulverizes cottage cheese curds into a silky batter for a smooth texture.

- 8×8-inch Baking Pan: Ensures even heat distribution for consistent baking throughout the entire batch.

- Parchment Paper: Prevents sticking and allows you to lift the flourless brownies out cleanly for neat slicing.

Storage Instructions:

Store leftover brownies in an airtight glass container in the refrigerator for up to 5 days; chilling actually enhances their fudgy texture. For longer storage, freeze individual slices wrapped in parchment paper inside a freezer-safe bag for up to 2 months, thawing in the fridge overnight when ready to enjoy.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 25 minutes
- Total Time: 35 minutes
- Servings: 9
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~115 kcal (approximate estimate)

Description

Satisfy your chocolate craving with a dense, decadent flourless brownie batch. Blending high-protein cottage cheese with rich cocoa creates a smooth, fudgy texture in just 35 minutes. It is the perfect low-carb, high-protein dessert to keep your healthy routine on track.

 Ingredients:

- Full-Fat Cottage Cheese: 1 cup *(Note: smooth whole-milk cottage cheese works best for creaminess)*
- Eggs: 2 large, room temperature
- Unsweetened Dutch-Processed Cocoa Powder: ½ cup
- Granulated Erythritol or Monk Fruit Sweetener: ½ cup *(Note: adjust according to desired sweetness level)*
- Unflavored or Chocolate Whey/Casein Protein Powder: ¼ cup
- Vanilla Extract: 1 tsp

- Baking Powder: ½ tsp
- Salt: ¼ tsp
- Sugar-Free Dark Chocolate Chips: ¼ cup *(Optional: folded in for extra melted chocolate pockets)*

Directions:

1. Preheat & Prep: Preheat your oven to 350°F (175°C) and line an 8×8-inch square baking dish with parchment paper, lightly greasing the sides.
2. Blend the Wet Base: Add the cottage cheese, eggs, and vanilla extract into a blender or food processor. Blend on medium-high speed for 45 to 60 seconds until the mixture is completely smooth with zero remaining curds.
3. Combine Dry Ingredients: Add the cocoa powder, sweetener, protein powder, baking powder, and salt into the blender. Pulse on low speed for 20 to 30 seconds until a thick, glossy chocolate batter forms.
4. Pour & Bake: Fold in the chocolate chips if using, then pour the batter into the prepared pan, spreading it evenly with a spatula. Bake at 350°F for 22 to 25 minutes until the edges are set and a toothpick inserted near the center comes out with slight moist crumbs. *(High protein cooking tip: Do not overbake, as protein powders can dry out if left in heat too long).*
5. Cool & Slice: Remove from the oven and let cool completely in the pan for at least 30 minutes to allow the flourless structure to set fully before cutting into 9 equal squares.

Nutrition Facts (Per Serving – Approximate):

- Calories: 115 kcal
- Fats: 4.5 g
- Cholesterol: 45 mg

- Sodium: 180 mg
- Potassium: 140 mg
- Total Carbohydrates: 8 g
- Fiber: 3 g
- Net Carbs: 5 g
- Sugars: 1 g
- Protein: 11 g
- Calcium: 60 mg

Notes:

- Storage Tips: Keep stored in a sealed container in the fridge; they taste even fudgier on day two!
- Reheating Instructions: Enjoy chilled directly from the fridge, or microwave for 10 seconds for a warm, gooey center.
- Allergy Notes: Contains dairy and eggs; gluten-free and grain-free.
- Flavor Boosts: Add a teaspoon of espresso powder to the batter to deepen the chocolate flavor, or top with coarse sea salt.