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Description

Indulge in incredibly rich, fudgy brownies without derailing your healthy lifestyle goals. Combining rich cocoa with creamy Greek yogurt creates a dense, decadent bite that perfectly satisfies your sweet cravings. This easy keto dessert delivers a boost of high protein and stays low in net carbs for guilt-free snacking.

Can This Keto Greek Yogurt Brownie Recipe Support Weight Loss Goals?

Yes, these brownies can support weight loss goals by replacing high-sugar, refined-flour baked goods with nutrient-dense alternatives. Packed with satisfying protein from Greek yogurt and fiber from low-carb flour, they help promote fullness and curb afternoon sweet cravings. Enjoying a portion-controlled, low-sugar treat makes sticking to a calorie-conscious routine far easier over time.

Does Keto Greek Yogurt Brownies Fit a High Protein Lifestyle?

These brownies fit seamlessly into a high-protein diet by leveraging Greek yogurt and protein

powder as core structure-building ingredients. By replacing standard wheat flour with low-carb almond flour and unsweetened cocoa, each serving keeps net carbs strictly minimal while elevating total protein. They offer a convenient, macro-friendly way to enjoy a classic dessert while meeting your daily protein targets.

My Personal Experience

- Achieving Fudgy Texture

  Using plain Greek yogurt instead of excess butter created an amazingly dense, soft center without making the batter feel heavy or greasy.

- Mastering Sweetness Balance

  Combining unsweetened cocoa powder with a keto-friendly erythritol blend delivered deep dark chocolate flavor without any bitter aftertaste.

Perfect For:

- High-Protein Desserts: A satisfying evening treat that hits your macro goals without adding unnecessary sugar.
- Low-Carb & Keto Snack Breaks: Ideal for mid-afternoon energy slumps when you need quick protein without a carb crash.
- Post-Workout Recovery: Serves as a chocolatey, protein-packed reward to nourish muscles after an intense training session.

Why You’ll Love This Recipe:

- Decadently Dense & Fudgy

  Greek yogurt provides moisture and richness, yielding a bakery-style fudgy center in every single bite.

- Simple One-Bowl Cleanup

  The batter comes together quickly using simple kitchen tools, keeping prep and clean-up effort to a minimum.

- Macros That Fit Your Goals

  High in quality protein and minimal in net carbs, this recipe lets you enjoy chocolate brownies completely guilt-free.

Common Mistakes to Avoid:

1. Overbaking the Brownies: Leaving them in the oven too long dries out the Greek yogurt base, turning fudgy brownies cakey.

2. Using Liquid Sweeteners: Adding syrup-based sweeteners increases moisture levels drastically, preventing the center from setting properly.

3. Cutting While Hot: Slicing into warm brownies causes them to crumble; allow them to cool completely so the texture stabilizes.

4. Using Flavored or Fat-Free Yogurt: Sweetened or watery yogurts introduce extra sugars and excess liquid that spoil the batter consistency.

Required Equipment:

- 8×8-inch Baking Pan: Ensures even heat distribution so the edges bake evenly while the center stays fudgy.

- Parchment Paper: Prevents sticking completely, allowing you to lift the cooled brownie block out cleanly.

- Mixing Bowl & Whisk: Blends wet ingredients smoothly to eliminate yogurt lumps before folding in dry inputs.

Storage Instructions:

Store leftover brownies in an airtight container lined with a paper towel in the refrigerator for up to 5 days to preserve freshness and moisture. For longer storage, wrap individual brownie squares tightly in plastic wrap and freeze them in a zip-top bag for up to 2 months. Thaw frozen squares in the fridge overnight or at room temperature for 15 minutes before serving.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Total Time: 30 minutes
- Servings: 9 squares
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~115 kcal (approximate estimate)

 Ingredients:

- 1 cup Plain Unsweetened Greek Yogurt *(Use full-fat or 2% for best texture; strain excess liquid if runny)*
- 2 Large Eggs *(At room temperature)*
- 1/2 cup Unsweetened Cocoa Powder *(Sifted to prevent clumping)*
- 1/2 cup Granulated Keto Sweetener *(Erythritol or monk fruit blend)*
- 1/4 cup Almond Flour *(Super-fine blanched almond flour works best)*
- 1 scoop (approx. 30g) Chocolate Whey/Casein Protein Powder *(Adds structural support*

and boosts protein content)

- 1/2 tsp Baking Powder
- 1/4 tsp Salt
- 1/4 cup Unsweetened Dark Chocolate Chips *(Optional, for extra fudginess)*

Directions:

1. Preheat & Prep: Heat your oven to 350°F (175°C) on medium rack placement. Line an 8×8-inch baking pan with parchment paper, lightly spraying with non-stick cooking spray.

2. Whisk Wet Ingredients: In a large bowl, whisk together the Greek yogurt, eggs, and granulated keto sweetener for 1–2 minutes until smooth and fully emulsified.

3. Combine Dry Ingredients: Sift in the cocoa powder, almond flour, chocolate protein powder, baking powder, and salt. Gently fold the ingredients together using a spatula until just combined into a thick batter; do not overmix.

4. Transfer Batter: Spread the batter evenly into the prepared baking pan using your spatula to smooth out the top surface. Sprinkle optional dark chocolate chips over the top.

5. Bake to Set: Bake at 350°F (175°C) for 18–22 minutes. Test visual cues around minute 18: edges should look set and slightly pulled away from the parchment, while the center remains soft with a slight wobble. A toothpick inserted into the center should come out with a few fudgy crumbs (not wet batter).

6. Cool & Slice: Remove from the oven and let cool completely in the pan for at least 30 minutes. Transfer to the fridge for 20 minutes for easier slicing into 9 equal squares.

Nutrition Facts (Per Serving – Approximate):

- Calories: 115 kcal
- Fats: 5.5 g
- Cholesterol: 45 mg
- Sodium: 110 mg
- Potassium: 140 mg
- Total Carbohydrates: 7 g
- Fiber: 4 g
- Net Carbs: 3 g
- Sugars: 1.5 g
- Protein: 10 g
- Calcium: 65 mg

Notes:

- Storage & Reheating: Refrigerate in an airtight container for up to 5 days. Eat chilled for maximum fudginess or microwave for 10 seconds to warm through.
- Allergy Info: Contains eggs, dairy (Greek yogurt, whey), and tree nuts (almond flour). For a nut-free option, substitute almond flour with coconut flour (use only 1.5 tbsp due to high absorbency).
- Flavor Boosts: Add 1/2 tsp of instant espresso powder to the wet mixture to intensify the chocolate flavor, or fold in chopped walnuts for added crunch.