

# Vegan Keto Protein Brownies

Yield: 8 brownies  
Serving Size: 1 brownie  
Calories per serving: 157  
Fat per serving: 9.1g  
Carbs per serving: 4.2g net  
Protein per serving: 12.5g  
Fiber per serving: 3.9g

## Ingredients

- 1 1/2 cups warm water
- 1/2 cup peanut butter
- 2 scoops (~90g) [Vega Sport chocolate protein powder](#)
- 1/4 cup cocoa powder
- 1/4 cup [Swerve](#), or other granulated sugar substitute
- 2 tbsp [coconut flour](#)
- 2 tsp baking powder

## Instructions

1. Preheat oven to 350F and grease your pan (or just use a silicone one!).
2. In a bowl, combine warm water, peanut butter and Swerve.
3. In a separate bowl, sift together protein powder, cocoa, coconut flour and baking powder.
4. Mix the dry ingredients into the wet. A thick batter that has the texture of frosting will form.
5. Scoop the batter into the pan, smooth the surface and bake for about 40-45 minutes, until a knife comes out pretty clean when inserted. Be sure to adjust the time for different pans, as mentioned in the notes above!
6. Let cool, slice and enjoy!

<http://meatfreeketo.com/vegan-keto-protein-brownies/>