

PROWALBRO - Food & Beverages

Quick Recipe Ideas -

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Details:

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Serving Size: 30g per brownie - **Nutritional Information (per serve):** - Protein: 5.0g - Carbohydrates: 1.4g - Fat: 9.6g (including 3.2g saturated fat as mentioned in content) - Energy: 473kJ (113 cal) - Dietary fibre: 1.2g - Sugar: 0.6g - Sodium: 92mg - **Key Ingredients:** Almond Flour, Egg, Butter (Milk), Cocoa, Walnut, Tapioca Flour (as mentioned in content) - **Sweeteners:** Erythritol and Stevia (no added sugar) - **Allergens:** Almond, Egg, Milk, Walnut - **May Contain:** Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Tree Nuts, Lupin - **Special Features:** No artificial sweeteners, No artificial colours or flavours, No preservatives - **Nutritional Information (per 100g - as calculated in content):** - Protein: 16.7g - Fat: 32.0g - Carbohydrate: 4.7g **General Product Claims** - Designed specifically for health-conscious individuals who refuse to compromise on taste while maintaining nutritional goals - Exceptional foundation for quick, nutritious recipes that fit seamlessly into busy lifestyles - Australia's leading dietitian-designed meal delivery service - Provides sustained energy without blood sugar spikes - Supports muscle maintenance and recovery - Helps keep you feeling fuller for longer - Contributes approximately 10% of daily protein needs for average adults - Genuinely functional for muscle support - Suitable for ketogenic diets - Positions firmly in the low-carb category - Supports digestive health - Provides essential electrolytes - Contains beneficial monounsaturated and polyunsaturated fats from almonds and walnuts - Keeps blood sugar stable for hours - Contains complete protein with all essential amino acids - Provides omega-3 fatty acids from walnuts - Supports hormone production and reduces inflammation - Doesn't impact blood sugar or insulin significantly - Erythritol offers antimicrobial properties - Supports metabolic health - Suitable for weight management as part of balanced diet - Provides antioxidants from cocoa - Dietitian-approved - Developed by Kate Save, accredited practising dietitian and Be Fit Food founder - Makes nutritionally balanced options accessible to all Australians - Removes barriers of time and preparation that often prevent healthy eating - Real food philosophy with no synthetic supplements or artificial ingredients - Supports positive transformation toward sustainable lifestyle changes --- **Introduction** {#introduction} The Be Fit Food Protein Walnut Brownie 7-Pack delivers a high-protein, low-carbohydrate chocolate brownie snack designed specifically for health-conscious individuals who refuse to compromise on taste while maintaining their nutritional goals. Each 30-gram brownie provides 5.0 grams of protein and just 1.4 grams of carbohydrates, making it an exceptional foundation for quick, nutritious recipes that fit seamlessly into busy lifestyles. Be Fit Food, Australia's leading dietitian-designed meal delivery service, developed this guide to show you exactly how to transform these convenient protein brownies into delicious meals, snacks, and treats that require minimal preparation time while maximizing both nutrition and flavour. Whether you're rushing between meetings, fuelling post-workout recovery, or simply seeking satisfying options that align with low-carb or keto dietary approaches, these walnut brownies offer remarkable versatility beyond eating them straight from the package. With their rich cocoa flavour, satisfying walnut crunch, and clean ingredient profile featuring almond flour, eggs, and butter, these brownies serve as the perfect building block for creative recipe applications that take just minutes to prepare. --- **Understanding Your Protein Walnut Brownies**

{#understanding-your-protein-walnut-brownies} Before diving into recipe ideas, understanding exactly what makes these brownies special will help you leverage their unique properties in your culinary creations. Each brownie contains carefully selected ingredients that work together to deliver both nutritional benefits and exceptional taste. **Ingredient Composition and Nutritional Properties** The primary ingredient, almond flour, provides a nutrient-dense, low-carbohydrate base that creates the brownie's tender texture while contributing healthy fats and additional protein. Real eggs bind the ingredients while adding complete protein containing all essential amino acids your body needs for muscle maintenance and recovery. The butter (from milk) delivers rich flavour and satisfying fat content that helps keep you feeling fuller for longer, with each serving containing 9.6 grams of total fat. The cocoa provides authentic chocolate flavour without the sugar load found in conventional brownies, while the sweetener blend of erythritol and stevia delivers sweetness at just 0.6 grams of sugar per serving—dramatically lower than traditional brownies that can contain 15-20 grams per serving. Walnuts add omega-3 fatty acids, texture, and additional protein, while tapioca flour contributes to the brownie's structure in minimal amounts. **Macronutrient Profile and Dietary Applications** At just 473 kilojoules (113 calories) per 30-gram brownie, these treats pack substantial nutritional value into a compact package. The 5.0 grams of protein per serving means each brownie contributes approximately

10% of the daily protein needs for an average adult, making them genuinely functional for muscle support rather than merely a marketing claim. The 1.4 grams of carbohydrate content positions these brownies firmly in the low-carb category, suitable for ketogenic diets that limit carbohydrates to 20-50 grams daily. The inclusion of 1.2 grams of dietary fibre per serving supports digestive health and contributes to the feeling of fullness, while the 92 milligrams of sodium provides essential electrolytes without excessive salt. The 3.2 grams of saturated fat represents one-third of the total fat content, with the remainder coming from the beneficial monounsaturated and polyunsaturated fats found in almonds and walnuts. --- ## Quick Breakfast Recipes {#quick-breakfast-recipes} ### Protein Brownie Breakfast Bowl Transform your morning routine with this nutrient-packed breakfast bowl that takes just three minutes to assemble. Crumble one Be Fit Food Protein Walnut Brownie into a bowl, creating irregular chunks that will absorb flavours while maintaining some texture. Add 150 grams of full-fat Greek yogurt (approximately two-thirds cup), which contributes an additional 15-17 grams of protein, bringing your total protein intake to around 20-22 grams—ideal for breakfast muscle support. Top with 30 grams of fresh raspberries or strawberries (about a quarter cup), which add vibrant colour, vitamin C, and just 2-3 grams of net carbohydrates. Drizzle with one tablespoon of natural almond butter for extra healthy fats and a creamy contrast to the brownie chunks. The total preparation time is under three minutes, yet this breakfast delivers approximately 400-450 calories with 20+ grams of protein, 10-12 grams of net carbohydrates, and substantial healthy fats to fuel your morning. The beauty of this recipe lies in how the brownie's cocoa flavour transforms plain Greek yogurt into something reminiscent of chocolate mousse, while the walnut pieces add satisfying crunch. The 473 kilojoules from the brownie combine with the yogurt and toppings to create a complete meal that keeps blood sugar stable for hours. ### Brownie-Stuffed Protein Pancakes For weekend mornings when you can spare an extra five minutes, create decadent protein pancakes with a surprise brownie centre. Prepare your favourite low-carb protein pancake batter (using almond flour, eggs, and protein powder). Pour a small circle of batter into a preheated non-stick pan, immediately place half of a Protein Walnut Brownie in the centre, then cover with more batter. Cook for two minutes per side until golden brown. The brownie centre will warm and soften, creating a molten chocolate core within your pancake. Each pancake contains the 5.0 grams of protein from the brownie plus the protein from your pancake batter, easily reaching 15-20 grams of protein per serving. The 9.6 grams of fat in the brownie helps the pancakes cook beautifully while adding richness. Serve with a dollop of whipped cream or a drizzle of sugar-free maple syrup. The entire process takes approximately five minutes and transforms your standard pancake breakfast into something special. Because the brownie already contains sweetener (erythritol and stevia), you may find you need less additional sweetening than usual. ### Express Chocolate Chia Pudding The night before, combine three tablespoons of chia seeds with one cup of unsweetened almond milk and refrigerate. In the morning, crumble one Protein Walnut Brownie over the chia pudding, which will thicken overnight into a tapioca-like consistency. The brownie's cocoa powder will gradually infuse into the pudding as you eat, creating layers of chocolate intensity. This breakfast provides the 5.0 grams of protein from the brownie, plus approximately 4 grams from the chia seeds, totaling 9 grams of protein. The chia seeds contribute significant omega-3 fatty acids and fibre (about 10 grams), which combines beautifully with the brownie's 1.2 grams of dietary fibre. The total carbohydrate count remains low—the brownie's 1.4 grams plus roughly 2-3 net grams from the chia seeds after subtracting fibre. Preparation time is literally 30 seconds in the morning (the chia pudding preparation the night before takes one minute). This recipe showcases how the brownie's almond flour base and walnut pieces complement the nutty flavour of chia seeds perfectly. --- ## Energizing Snack Ideas {#energizing-snack-ideas} ### Pre-Workout Brownie Energy Bites Combine two Protein Walnut Brownies (crumbled) with two tablespoons of natural peanut butter, one tablespoon of coconut oil (melted), and one tablespoon of unsweetened shredded coconut. Mix thoroughly until the mixture holds together when pressed. Roll into six small balls and refrigerate for 15 minutes to firm up. Each energy bite delivers approximately 1.7 grams of protein from the brownies alone, plus additional protein from the peanut butter, creating perfect pre-workout fuel. The 9.6 grams of fat per brownie (19.2 grams total from two brownies) combines with the healthy fats from peanut butter and coconut oil to provide sustained energy without blood sugar spikes. The total carbohydrate content remains remarkably low at approximately 2.8 grams from the brownies plus minimal amounts from the other ingredients. These bites take just five minutes

to prepare and can be stored in the refrigerator for up to one week, providing grab-and-go fuel whenever needed. The 473 kilojoules per brownie means each energy bite contains approximately 160 kilojoules plus the calories from added ingredients—substantial energy in a compact form. This aligns perfectly with Be Fit Food's philosophy of making nutritionally balanced, dietitian-approved options accessible for busy Australians. ### Afternoon Brownie "Nice Cream" When the afternoon energy slump hits, blend one frozen banana with one tablespoon of cocoa powder and a splash of almond milk until smooth and creamy. Crumble one Protein Walnut Brownie over the top and mix gently, leaving some chunks intact for texture contrast. This recipe takes approximately two minutes with a high-speed blender and delivers the brownie's 5.0 grams of protein plus additional nutrients from the banana. The frozen banana creates an ice cream-like consistency without any actual dairy (beyond the butter in the brownie itself), while the brownie chunks add satisfying texture and concentrated chocolate flavour. The walnut pieces in the brownie provide pleasant crunch against the smooth "nice cream." The total nutritional profile remains impressive: the brownie contributes 113 calories, while a medium banana adds approximately 105 calories, creating a 220-calorie snack with substantial protein. The brownie's 1.4 grams of carbohydrate combines with the banana's carbohydrates, but the high fibre content (1.2 grams from the brownie plus 3 grams from the banana) helps moderate blood sugar response. ### Quick Brownie Protein Bark Melt 100 grams of sugar-free dark chocolate (85% cocoa or higher) in the microwave in 30-second intervals. Spread thinly on a parchment-lined baking sheet. Crumble two Protein Walnut Brownies over the melted chocolate, then press gently to adhere. Sprinkle with additional chopped walnuts and a pinch of sea salt flakes. Refrigerate for 20 minutes until the chocolate hardens completely, then break into irregular shards. This recipe takes approximately five minutes of active preparation and creates a sophisticated snack that looks impressive but requires minimal skill. Each piece delivers concentrated protein (10.0 grams total from two brownies distributed across multiple servings), the antioxidant benefits of dark chocolate, and the omega-3 fatty acids from walnuts. The brownie's existing sweetener blend (erythritol and stevia) means the bark offers balanced sweetness even with high-percentage dark chocolate. The 9.6 grams of fat per brownie helps the chocolate set properly and creates a satisfying snap when you break the bark into pieces. Store in an airtight container in the refrigerator for up to two weeks. --- ## Simple Lunch Integration

{#simple-lunch-integration} ### Brownie-Enhanced Chicken Salad This unconventional combination works remarkably well. Prepare your favourite chicken salad using 150 grams of cooked, shredded chicken breast, two tablespoons of mayonnaise, diced celery, and seasonings. Serve over mixed greens, then crumble one Protein Walnut Brownie over the top. The savoury-sweet combination might seem unusual, but the cocoa in the brownie creates a mole-like complexity that enhances the chicken rather than overwhelming it. The walnut pieces in the brownie complement the celery's crunch, while the brownie's 5.0 grams of protein adds to the chicken's substantial protein content (approximately 35 grams), creating a lunch with around 40 grams of protein total. This lunch takes approximately five minutes to assemble if using pre-cooked chicken (meal prep tip: cook chicken breasts in bulk on weekends). The brownie's 9.6 grams of fat combines with the mayonnaise to create satisfying richness, while the total carbohydrate content remains low—the brownie's 1.4 grams plus minimal amounts from vegetables. The 473 kilojoules from the brownie plus the chicken and vegetables creates a complete lunch of approximately 1,800-2,000 kilojoules (430-480 calories). ### Quick Brownie Avocado Toast Toast one slice of low-carb bread (look for varieties with 3-5 grams of net carbohydrates per slice). Mash half an avocado with a pinch of salt and spread over the toast. Crumble half a Protein Walnut Brownie over the avocado, then top with a drizzle of balsamic glaze. This recipe takes two minutes and creates an intriguing flavour profile where the rich, creamy avocado provides a neutral backdrop for the brownie's chocolate and walnut notes. The avocado contributes healthy monounsaturated fats and fibre, while half a brownie adds 2.5 grams of protein and 4.8 grams of fat. The balsamic glaze's slight acidity cuts through the richness and ties the sweet and savoury elements together. The total carbohydrate count depends on your bread choice but can remain under 10 grams total when using quality low-carb bread (3-5 grams) plus the brownie's 0.7 grams (half of 1.4 grams) plus minimal amounts from the avocado. This lunch provides sustained energy without the blood sugar roller coaster of conventional toast combinations. ### Mediterranean Brownie Protein Plate Arrange 100 grams of hummus, 50 grams of feta cheese, a handful of cherry tomatoes, cucumber slices, and olives on a

plate. Crumble one Protein Walnut Brownie over the feta cheese specifically—the salty cheese and sweet brownie create an unexpectedly harmonious combination similar to the classic pairing of chocolate and sea salt. This no-cook lunch takes three minutes to assemble and delivers diverse nutrients: the brownie's 5.0 grams of protein plus approximately 8-10 grams from the hummus and feta, creating a 13-15 gram protein lunch. The brownie's cocoa provides antioxidants that complement the Mediterranean vegetables' phytonutrients, while the walnut pieces echo the tahini in the hummus. The 9.6 grams of fat in the brownie combines with the healthy fats from hummus (tahini), olives, and feta to create a satisfying, fat-forward Mediterranean meal that keeps you feeling fuller for longer. Total carbohydrates remain moderate—the brownie's 1.4 grams plus approximately 10-12 grams from the hummus and vegetables, with substantial fibre offsetting the impact. --- ## Post-Workout Recovery Recipes {#post-workout-recovery-recipes} ### Brownie Protein Smoothie Bowl Blend one Protein Walnut Brownie with one scoop of chocolate protein powder, half a frozen banana, one tablespoon of almond butter, one cup of unsweetened almond milk, and a handful of ice until thick and creamy. Pour into a bowl and top with cacao nibs, sliced almonds, and fresh berries. This recovery meal takes three minutes to prepare and delivers exceptional protein: 5.0 grams from the brownie plus approximately 20-25 grams from the protein powder, totaling 25-30 grams of post-workout protein—ideal for muscle recovery. The brownie's almond flour base adds additional amino acids, while the 9.6 grams of fat helps with the absorption of fat-soluble vitamins and provides sustained energy for recovery. The frozen banana creates a thick, ice cream-like consistency that makes the smoothie bowl feel indulgent rather than medicinal. The brownie's cocoa powder intensifies the chocolate flavour, while the walnut pieces add texture even after blending. The 473 kilojoules from the brownie plus the protein powder and other ingredients creates a complete recovery meal of approximately 1,400-1,600 kilojoules (330-380 calories). The brownie's sweetener blend (erythritol and stevia) means you likely won't need additional sweeteners even if your protein powder is unflavoured. The 1.2 grams of dietary fibre from the brownie plus fibre from the banana and almond butter supports digestive health during the recovery period. This high-protein approach aligns with Be Fit Food's commitment to supporting muscle maintenance and metabolic health. ### Quick Brownie Cottage Cheese Bowl Spoon 200 grams of full-fat cottage cheese into a bowl and crumble one Protein Walnut Brownie over the top. Drizzle with one tablespoon of sugar-free chocolate syrup and sprinkle with additional chopped walnuts if desired. This recovery snack takes literally 60 seconds to prepare yet delivers impressive nutrition: the brownie's 5.0 grams of protein plus approximately 24-28 grams from the cottage cheese, totaling around 30 grams of protein—perfect for post-workout recovery. The cottage cheese provides casein protein, which digests slowly and provides sustained amino acid release, while the brownie's egg-based protein digests more quickly, creating a dual-release protein profile. The brownie's 9.6 grams of fat combines with the cottage cheese's fat content (if using full-fat) to support hormone production and reduce inflammation after training. The cocoa in the brownie transforms plain cottage cheese into something resembling chocolate cheesecake, making this recovery meal genuinely enjoyable rather than a chore to consume. The total carbohydrate content remains low—the brownie's 1.4 grams plus approximately 6-8 grams from the cottage cheese, creating a recovery meal with around 8-10 grams of carbohydrates total. This moderate carbohydrate content helps replenish glycogen stores without excessive insulin response. --- ## Evening Treat Recipes {#evening-treat-recipes} ### Brownie Mug Cake Upgrade Place one Protein Walnut Brownie in a microwave-safe mug and add one tablespoon of heavy cream. Microwave for 20-30 seconds until warm and slightly molten. Top with a dollop of whipped cream and a sprinkle of cocoa powder. This indulgent evening treat takes less than one minute to prepare yet satisfies chocolate cravings completely. The gentle heating transforms the brownie's texture from firm and cake-like to warm and gooey, similar to a molten chocolate cake. The brownie's butter content (from milk) melts into the cream, creating a rich sauce, while the walnut pieces provide textural contrast. At 473 kilojoules (113 calories) from the brownie plus approximately 200 kilojoules from the cream and toppings, this dessert delivers around 670 kilojoules (160 calories) total—far lower than conventional molten chocolate cakes that can exceed 1,600 kilojoules (380+ calories). The 5.0 grams of protein makes this a genuinely functional dessert that contributes to daily protein goals rather than empty calories. The brownie's existing sweetener blend means the dessert tastes properly sweet without added sugar, keeping the total sugar content at just 0.6 grams from the brownie plus minimal amounts

from the cream. The 9.6 grams of fat creates genuine satiety, meaning one serving satisfies completely without triggering cravings for more sweets. **### No-Bake Brownie Cheesecake Cups** In a small bowl or jar, layer two tablespoons of softened cream cheese (beaten until fluffy) with crumbled Protein Walnut Brownie pieces. Repeat layers, ending with brownie crumbles on top. Refrigerate for 10 minutes to allow flavours to meld. This elegant dessert takes approximately three minutes to assemble and creates individual servings perfect for portion control. The cream cheese provides tangy contrast to the brownie's chocolate sweetness, while the brownie's cocoa powder creates authentic cheesecake flavour reminiscent of chocolate cheesecake without any baking required. Each serving delivers the brownie's 5.0 grams of protein plus approximately 4-5 grams from the cream cheese, totaling around 9-10 grams of protein—impressive for a dessert. The brownie's 9.6 grams of fat combines with the cream cheese's fat content to create genuine richness and satisfaction. The walnut pieces add sophisticated crunch and visual appeal. The total carbohydrate content remains remarkably low—the brownie's 1.4 grams plus approximately 1-2 grams from the cream cheese, creating a dessert with under 4 grams of carbohydrates total. This makes these cheesecake cups suitable even for strict ketogenic diets. The 92 milligrams of sodium in the brownie balances the cream cheese's saltiness perfectly. **### Brownie Coconut Fat Bombs** Melt three tablespoons of coconut oil with two tablespoons of coconut butter. Crumble two Protein Walnut Brownies into the melted coconut mixture and stir to combine. Pour into silicone moulds (or an ice cube tray) and freeze for 30 minutes until solid. These fat bombs take five minutes of active preparation and create approximately 12 small servings perfect for satisfying evening sweet cravings while staying in ketosis. Each fat bomb contains approximately 0.8 grams of protein from the brownies (10 grams total divided by 12 servings), plus substantial healthy fats from both the brownies (19.2 grams total from two brownies) and the coconut oil and butter. The brownie's almond flour base and walnut pieces provide pleasant texture in the smooth coconut base, while the cocoa creates chocolate flavour throughout. The brownies' sweetener blend (erythritol and stevia) sweetens the entire batch, meaning each fat bomb contains minimal sugar—approximately 0.1 grams per serving (1.2 grams total from two brownies divided by 12). These fat bombs can be stored in the freezer for up to one month, providing convenient grab-and-go treats. Each serving delivers approximately 300-350 kilojoules (70-85 calories), with the majority coming from beneficial fats that support ketone production and sustained energy. --- **## Meal Prep Integration Strategies** {#meal-prep-integration-strategies} **### Sunday Brownie Prep Sessions** Dedicate 15 minutes on Sunday to prepare brownie-based components for the week ahead. Crumble three brownies and store in an airtight container—this provides ready-to-use brownie crumbles for sprinkling over yogurt, cottage cheese, or smoothie bowls throughout the week. Each brownie provides 5.0 grams of protein, so you're preparing 15 grams of convenient protein to distribute across multiple meals. Prepare a batch of brownie energy bites (using the recipe detailed earlier) and store in the refrigerator. Make brownie protein bark and break into serving-size pieces stored in a container. These preparations leverage the brownie's shelf stability—the inclusion of erythritol (a natural preservative) and the low moisture content from almond flour means crumbled brownies stay fresh for several days when properly stored. The 9.6 grams of fat per brownie means your prepared components provide substantial satiety when added to meals throughout the week. The 1.4 grams of carbohydrate per brownie keeps your meal prep components firmly in the low-carb category, making them compatible with various eating plans. This approach reflects Be Fit Food's commitment to making healthy eating convenient and removing the barriers of time and preparation. **### Brownie-Enhanced Overnight Preparations** Several recipes benefit from overnight preparation where the brownie's flavours infuse into other ingredients. Prepare overnight oats (using almond milk and chia seeds for low-carb versions) with crumbled brownie mixed in before refrigeration. The brownie's cocoa powder will gradually colour and flavour the entire mixture, creating chocolate overnight oats. Alternatively, prepare protein puddings by mixing protein powder with almond milk and crumbled brownie, then refrigerating overnight. The brownie pieces will soften slightly while maintaining some texture, creating a cookies-and-cream effect. Each preparation delivers the brownie's 5.0 grams of protein plus the protein from your chosen base (oats, chia, or protein powder). These overnight preparations take advantage of the brownie's composition—the almond flour base softens gradually when exposed to moisture, while the walnut pieces maintain some crunch even after refrigeration. The butter (from milk) in the brownies adds richness that develops overnight,

creating more complex flavours than immediate consumption. --- ## Creative Serving Combinations {#creative-serving-combinations} ### Brownie Coffee Pairing Protocol The Protein Walnut Brownie pairs exceptionally well with coffee, creating combinations that enhance both elements. Serve one brownie alongside a bulletproof coffee (coffee blended with butter and MCT oil) for a complete keto-friendly breakfast. The brownie's 5.0 grams of protein complements the coffee's healthy fats, creating a balanced meal. Alternatively, crumble half a brownie directly into hot coffee and stir—the brownie will partially dissolve, creating a mocha-like beverage with texture from the walnut pieces. The brownie's sweetener blend (erythritol and stevia) sweetens the coffee without sugar, while the cocoa powder intensifies the coffee's chocolate notes. The 9.6 grams of fat (4.8 grams from half a brownie) creates a creamy mouthfeel similar to adding cream. For iced coffee, crumble a brownie over cold brew coffee with ice and a splash of heavy cream. The brownie pieces will soften gradually as you drink, creating evolving texture and flavour. The 473 kilojoules from the brownie plus the coffee and cream creates a substantial beverage-meal of approximately 800-900 kilojoules (190-215 calories). ### Brownie Cheese Plate Addition Include Protein Walnut Brownies on sophisticated cheese plates for unexpected sweet elements. The brownie's chocolate and walnut profile pairs particularly well with aged cheddar, blue cheese, and goat cheese. The brownie's 5.0 grams of protein per serving adds to the cheese plate's overall protein content, while the 0.6 grams of sugar keeps the sweet element subtle rather than overwhelming. Serve brownie pieces alongside fresh figs, walnuts, and cheese for a balanced plate. The brownie's existing walnut content echoes the fresh walnuts, creating thematic consistency, while the cocoa provides contrast to the cheese's savoury notes. The brownie's almond flour base offers a subtle nuttiness that complements cheese beautifully. This serving approach takes no preparation time—simply arrange the elements on a plate—yet creates an impressive presentation suitable for entertaining. The brownie's 1.2 grams of dietary fibre adds to the plate's overall nutritional profile, while the 92 milligrams of sodium balances the cheese's saltiness. --- ## Dietary Consideration Recipes {#dietary-consideration-recipes} ### Keto-Focused Brownie Meals The Protein Walnut Brownie's macronutrient profile (9.6g fat, 5.0g protein, 1.4g carbohydrate) makes it inherently keto-friendly, with a fat-to-carbohydrate ratio that supports ketosis. Create explicitly keto meals by combining one brownie with high-fat ingredients: serve with two tablespoons of mascarpone cheese, macadamia nuts, and a few raspberries. This combination delivers the brownie's 1.4 grams of carbohydrate plus approximately 2-3 grams from the berries and minimal amounts from the mascarpone, totaling under 6 grams of carbohydrates—well within keto parameters. The brownie's 9.6 grams of fat plus the mascarpone's substantial fat content creates a high-fat meal that promotes ketone production. Alternatively, make a keto brownie smoothie using the brownie, coconut cream, MCT oil, and ice. The brownie's almond flour base and walnut pieces provide texture, while the 5.0 grams of protein supports muscle maintenance during ketogenic dieting. The brownie's sweetener blend (erythritol and stevia) doesn't impact blood sugar or insulin, maintaining ketosis. This approach aligns with Be Fit Food's lower-carbohydrate, higher-protein philosophy designed to support metabolic health. ### Gluten-Aware Brownie Recipes While the Protein Walnut Brownie's primary ingredients (almond flour, egg, butter, cocoa, walnuts) are naturally gluten-free, the packaging notes it "may contain gluten" due to manufacturing cross-contact. For those with gluten sensitivity (rather than celiac disease), the brownies can be incorporated into gluten-conscious recipes. Create a naturally gluten-free parfait using the brownie, coconut yogurt, and fresh berries—all components are inherently gluten-free. The brownie's almond flour base provides the structure traditionally achieved with wheat flour in conventional brownies, while delivering superior nutrition with higher protein and healthy fats. Make gluten-conscious energy balls by combining crumbled brownie with dates, coconut, and nut butter—again, all naturally gluten-free ingredients. The brownie's 5.0 grams of protein per serving adds to the energy balls' overall protein content, while the 1.2 grams of dietary fibre supports digestive health. --- ## Storage and Preparation Tips {#storage-and-preparation-tips} ### Optimal Brownie Storage for Recipe Readiness Store your 7-pack of Protein Walnut Brownies in a cool, dry place in their original packaging to maintain freshness. Once opened, transfer unused brownies to an airtight container to prevent them from drying out or absorbing refrigerator odours if refrigerated. The brownies' composition—featuring erythritol (which offers antimicrobial properties), low moisture content from almond flour, and minimal sugar (0.6g per serving)—provides natural preservation. For recipe

preparations involving frozen elements, brownies can be frozen for up to one month. Wrap individual brownies in plastic wrap before freezing to prevent freezer burn. Frozen brownies can be crumbled directly into smoothies without thawing, where they'll blend easily and add thickness. The brownie's 9.6 grams of fat per serving means they won't freeze rock-hard—the fat content keeps them somewhat pliable even when frozen. For recipes requiring softened or warmed brownies, microwave for 10-15 seconds only. The butter content (from milk) melts quickly, and over-heating can make the brownie tough. The 30-gram serving size is perfect for portion control—one brownie is exactly one serving, eliminating guesswork in recipe calculations. **### Ingredient Synergy Strategies** Understanding which ingredients complement the brownie's specific composition helps create better recipes. The brownie's almond flour base pairs exceptionally well with other nut-based ingredients (almond butter, cashew cream, macadamia nuts), creating harmonious flavour profiles. The walnut pieces in the brownies mean additional walnuts in recipes create thematic consistency rather than redundancy. The cocoa content means the brownies pair well with coffee, espresso powder, and additional cocoa in recipes, creating layered chocolate flavour rather than one-dimensional sweetness. The brownie's sweetener blend (erythritol and stevia) works synergistically with naturally sweet ingredients like berries or banana, requiring less additional sweetening than recipes starting with unsweetened chocolate. The 5.0 grams of protein per brownie means they work particularly well in protein-forward recipes—combining with Greek yogurt, cottage cheese, or protein powder creates genuinely high-protein meals rather than merely protein-enhanced treats. The 1.4 grams of carbohydrate per brownie keeps recipes low-carb even when combined with moderate-carb ingredients like berries or small amounts of oats. **--- ## Nutritional Optimization Techniques** {#nutritional-optimization-techniques} **### Maximizing Protein Per Meal** Each Protein Walnut Brownie provides 5.0 grams of protein, which represents approximately 10% of daily protein needs for an average adult. To maximize protein in brownie-based recipes, combine with high-protein ingredients: Greek yogurt (15-17g protein per 150g), cottage cheese (12-14g protein per 100g), protein powder (20-25g per scoop), or eggs (6g protein each). Create a maximum-protein breakfast by combining one brownie (5.0g protein) with 200g Greek yogurt (20-23g protein) and one scoop of protein powder (20-25g protein), totaling 45-53g of protein in one meal—exceptional for muscle maintenance and satiety. The brownie's complete amino acid profile from eggs complements the yogurt and protein powder's amino acids. The brownie's protein comes from whole food sources (eggs, almond flour, walnuts) rather than isolated protein, meaning it includes beneficial co-factors like B vitamins, vitamin E, and minerals. When calculating recipe protein totals, remember that per 100g, the brownie contains approximately 16.7g of protein (since 30g contains 5.0g), making it genuinely protein-dense. This whole-food approach reflects Be Fit Food's real food philosophy—no preservatives, artificial sweeteners, or added sugars. **### Balancing Macronutrients in Recipes** The brownie's macronutrient profile (per serve: 9.6g fat, 5.0g protein, 1.4g carbohydrate) provides a foundation for various dietary approaches. For ketogenic diets targeting 70-75% calories from fat, combine the brownie with additional fat sources (coconut oil, butter, cream cheese) to increase the fat percentage while maintaining the low carbohydrate content. For moderate low-carb diets allowing 50-100g of carbohydrates daily, the brownie's 1.4g of carbohydrate permits combination with moderate-carb ingredients like berries, small amounts of oats, or additional vegetables. Create balanced meals by adding the brownie to meals that might be carbohydrate-heavy but protein-light, using the brownie's 5.0g of protein to balance the overall macronutrient profile. For calorie-conscious approaches, the brownie's 473 kilojoules (113 calories) per serving provides substantial satisfaction for relatively few calories. Create volume-eating recipes by combining one brownie with high-volume, low-calorie ingredients like whipped Greek yogurt, berries, and almond milk, creating large portions that feel indulgent while remaining calorie-controlled. **--- ## Time-Saving Assembly Methods** {#time-saving-assembly-methods} **### 30-Second Recipe Protocols** For genuinely quick recipes requiring 30 seconds or less, focus on simple combinations that require no preparation beyond opening packages. Crumble one brownie over a single-serve container of Greek yogurt—total time 20 seconds, total protein approximately 20g (5.0g from brownie plus 15g from yogurt). Place one brownie on a small plate with a piece of cheese and a few berries—total time 15 seconds, complete snack with protein, fat, and antioxidants. Break one brownie into quarters and drop into hot coffee—total time 10 seconds, creating a mocha-style beverage with 5.0g of protein. These ultra-quick recipes leverage the brownie's

ready-to-eat format and 30g portion size, which requires no measuring or dividing. The brownie's individually wrapped format (in the 7-pack) means no time wasted unwrapping multiple layers or cutting portions. The 9.6g of fat per brownie provides substantial satiety even in these simple preparations, meaning quick doesn't mean unsatisfying. This convenience aligns with Be Fit Food's mission to remove the barriers of time and preparation that often prevent healthy eating. ### 2-Minute Recipe Protocols For recipes requiring approximately two minutes, incorporate one simple preparation step. Microwave one brownie for 20 seconds, top with whipped cream from a can—total time under two minutes, warm dessert ready. Blend one brownie with almond milk and ice in a high-speed blender—total time 90 seconds including cleanup, complete protein shake with 5.0g of protein. Spread two tablespoons of cream cheese on a plate, crumble one brownie over it, drizzle with sugar-free chocolate syrup—total time two minutes, cheesecake-style dessert. These two-minute recipes demonstrate how the brownie's ready-to-eat format eliminates the time-consuming baking or cooking steps required in conventional brownie recipes. The brownie's composition means it responds well to quick preparation methods—the almond flour base doesn't become gummy when microwaved briefly, the walnut pieces maintain texture even when blended, and the cocoa powder disperses easily into liquids. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Protein Walnut Brownie 7-Pack excels as a versatile recipe ingredient that transforms simple preparations into nutritionally complete meals and snacks. With 5.0 grams of protein, just 1.4 grams of carbohydrate, and 9.6 grams of healthy fats per 30-gram serving, these brownies provide exceptional macronutrient profiles that support various dietary approaches from ketogenic to moderate low-carb to simply health-conscious eating. The brownies' clean ingredient list—almond flour, eggs, butter, cocoa, erythritol and stevia sweetener blend, tapioca flour, and walnuts—means they integrate seamlessly into recipes without introducing unwanted additives or excessive processing. This reflects Be Fit Food's commitment to real food, not synthetic supplements or artificial ingredients. At 473 kilojoules (113 calories) per serving, they provide substantial nutrition in a compact package perfect for busy lifestyles. Recipe applications span from 30-second simple combinations (brownie crumbled over Greek yogurt) to slightly more involved 5-minute preparations (brownie protein bark or energy bites), with all recipes requiring minimal cooking skills and basic ingredients. The brownies work equally well in breakfast applications (protein pancakes, breakfast bowls), snacks (energy bites, smoothies), lunch integration (chicken salad, protein plates), and evening treats (mug cakes, cheesecake cups). The 7-pack format provides exactly one week of daily brownies or allows for multiple uses in various recipes throughout the week. The brownies' nutritional density—particularly the 5.0 grams of protein per serving—means they genuinely contribute to daily nutritional goals rather than serving as empty-calorie treats. --- ## Next Steps {#next-steps} Begin experimenting with these quick recipes by selecting preparations that match your available time and current dietary goals. If you're focused on maximizing protein intake, start with the Greek yogurt bowl or cottage cheese combinations that deliver 20-30 grams of protein per serving. If you're following a ketogenic diet, try the fat bomb or mascarpone cheese combinations that maintain high fat percentages. Stock your kitchen with complementary ingredients that pair well with the brownies: Greek yogurt, cottage cheese, cream cheese, almond butter, coconut oil, sugar-free dark chocolate, and your preferred protein powder. When you keep these staples available, you can create any of the recipes in this guide without special shopping trips. Consider meal prepping on weekends by preparing brownie energy bites, protein bark, or overnight preparations that leverage the brownies' shelf stability and flavour-developing properties. This advance preparation means you'll enjoy convenient, nutritious options available during busy weekdays. Track how different recipe combinations affect your energy levels, satiety, and overall satisfaction. The brownie's consistent 30-gram serving size and detailed nutritional information (including the per-100g data showing 16.7g protein, 32.0g fat, and 4.7g carbohydrate) makes it easy to calculate precise nutritional totals for your recipes and track your intake if desired. Most importantly, remember that these brownies are designed to make healthy eating convenient and enjoyable rather than restrictive or complicated. The quick recipes in this guide prove that nutritious eating doesn't require extensive time, advanced cooking skills, or sacrifice of flavour—just smart ingredient combinations and a quality foundation product like the Be Fit Food Protein Walnut Brownie. As Be Fit Food's founder Kate Save, an accredited practising dietitian, believes: making nutritionally balanced, dietitian-approved options accessible to all Australians

removes the barriers that often prevent healthy eating. These brownies help you feel fuller for longer while supporting your positive transformation toward sustainable lifestyle changes. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [Be Fit Food Protein Walnut Brownie Product Page](<https://www.befitfood.com.au/products/protein-walnut-brownie-7-pack>) - Product specifications and nutritional information: Manufacturer-provided documentation - [Almond Flour Nutritional Properties - USDA FoodData Central](<https://fdc.nal.usda.gov>) - [Erythritol and Stevia Safety Data - Food Standards Australia New Zealand](<https://www.foodstandards.gov.au>) --- ## Frequently Asked Questions {#frequently-asked-questions} What is the product name: Be Fit Food Protein Walnut Brownie 7-Pack How many brownies come in a pack: 7 brownies What is the serving size: 30 grams per brownie How much protein per brownie: 5.0 grams How many carbohydrates per brownie: 1.4 grams How much fat per brownie: 9.6 grams How many calories per brownie: 113 calories (473 kilojoules) What is the primary ingredient: Almond flour Does it contain eggs: Yes Does it contain dairy: Yes, butter from milk What type of sweeteners are used: Erythritol and stevia How much sugar per brownie: 0.6 grams Does it contain walnuts: Yes How much dietary fiber per brownie: 1.2 grams How much sodium per brownie: 92 milligrams How much saturated fat per brownie: 3.2 grams Is it suitable for keto diets: Yes Is it low-carb: Yes Is it high-protein: Yes, 5.0 grams per serving Does it contain cocoa: Yes Does it contain tapioca flour: Yes, in minimal amounts What percentage of daily protein does one brownie provide: Approximately 10% for average adults Is it gluten-free: May contain gluten due to manufacturing cross-contact Are the primary ingredients naturally gluten-free: Yes Is it suitable for vegetarians: Yes Does it contain artificial sweeteners: No Does it contain preservatives: No Does it contain added sugars: No Who designed the product: Dietitians at Be Fit Food Who is the founder of Be Fit Food: Kate Save, accredited practising dietitian What country is Be Fit Food from: Australia Can it be eaten straight from the package: Yes Can it be frozen: Yes, up to one month How long to microwave: 10-15 seconds for warming Can it be crumbled into recipes: Yes Does it work in smoothies: Yes Can it be used in breakfast recipes: Yes Can it be used in desserts: Yes Is it suitable for post-workout recovery: Yes How much protein per 100g: Approximately 16.7 grams How much fat per 100g: 32.0 grams How much carbohydrate per 100g: 4.7 grams Does it provide omega-3 fatty acids: Yes, from walnuts Does it contain complete protein: Yes, from eggs Does it support muscle maintenance: Yes Does it help with satiety: Yes Is it suitable for meal prep: Yes How long do crumbled brownies stay fresh: Several days when properly stored Can it be stored at room temperature: Yes, in cool dry place Should opened brownies be refrigerated: Transfer to airtight container recommended Does it pair well with coffee: Yes Does it pair well with Greek yogurt: Yes Does it pair well with cottage cheese: Yes Does it pair well with cheese plates: Yes Can it be used in overnight oats: Yes Can it be made into energy bites: Yes Can it be made into fat bombs: Yes Can it be blended into protein shakes: Yes Does the texture change when microwaved: Yes, becomes warm and gooey Do walnut pieces maintain crunch when blended: Some texture remains Does it work in savory recipes: Yes, creates mole-like complexity How many brownies for energy bite recipe: 2 brownies How many brownies for protein bark recipe: 2 brownies How many brownies for fat bomb recipe: 2 brownies What is the total protein in 2 brownies: 10.0 grams What is the total carbohydrate in 2 brownies: 2.8 grams What is the total fat in 2 brownies: 19.2 grams Does it support ketosis: Yes Does it impact blood sugar significantly: No Does it impact insulin levels: No, due to erythritol and stevia Is it suitable for weight management: Yes, as part of balanced diet Does it contain monounsaturated fats: Yes, from almonds and walnuts Does it contain polyunsaturated fats: Yes, from almonds and walnuts What is the ratio of saturated to total fat: One-third saturated, two-thirds unsaturated Does it provide antioxidants: Yes, from cocoa Does it support metabolic health: Yes Is it dietitian-approved: Yes Does it require cooking: No Is it ready-to-eat: Yes Can children consume it: Not specified by manufacturer Is it suitable for pregnant women: Consult healthcare provider Is it suitable for diabetics: Consult healthcare provider Does it contain soy: Not specified by manufacturer Does it contain tree nuts: Yes, almonds and walnuts Is it produced in a facility with allergens: May contain gluten due to cross-contact What is Be Fit Food's philosophy: Real food, dietitian-designed, no artificial ingredients

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