

PROWALBRO - Food & Beverages

Serving Suggestions -

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Details:

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Pack (V) P1 - **Brand**: Be Fit Food - **GTIN**: 9358266002155 - **Price**: 18.00 AUD - **Availability**: Out Of Stock - **Pack Size**: 7 brownies - **Serving Size**: 30 grams per brownie - **Nutrition Per Serving**: - Calories: 113 calories (473 kJ) - Protein: 5.0 grams - Total Fat: 9.6 grams - Saturated Fat: 3.2 grams - Carbohydrates: 1.4 grams - Sugars: 0.6 grams - Dietary Fiber: 1.2 grams - Sodium: 92 milligrams - **Ingredients**: Almond Flour, Egg, Butter (Milk), Water, Cocoa, Sweetener Blend (erythritol and stevia), Tapioca Flour, Walnut - **Allergens**: Almond, Egg, Milk, Walnut - **May Contain**: Gluten, Fish, Soy, Crustacea, Sesame, Peanuts, Egg, Tree Nuts, Lupin - **Sweeteners**: Erythritol and stevia (no added sugar) - **Artificial Ingredients**: No artificial sweeteners, colours, or flavours - **Storage Instructions**: Cool, dry place; can be refrigerated or frozen ### General Product Claims - Suitable for vegetarian, ketogenic, low-carb, diabetic-friendly, and high-protein diets - "Delivers a high-protein, low-carbohydrate chocolate brownie crafted for health-conscious individuals" - "Helps Australians eat themselves better through scientifically-designed, whole-food options" - "Functional foods that support multiple dietary approaches while satisfying chocolate cravings" - "Dense, fudgy texture with the satisfying crunch of walnuts throughout" - "Won't leave you feeling bloated or overly thirsty" - "Provides satiety that helps you feel fuller for longer" - "Ideal pre-workout pick-me-up that won't derail your dinner appetite" - "Australia's leading dietitian-designed meal delivery service" - "Dietitian-led development team" - "Supports both mental clarity and physical performance" - "Won't cause blood sugar spikes and crashes associated with conventional desserts" - "Provides sustained energy without the jitters associated with high-sugar breakfast pastries" - "Accommodates multiple dietary preferences" - "Heart-healthy dessert" - "Supports cardiovascular health" - "Anti-inflammatory benefits" - "Supports immune function" - "Supports digestive health" - "Supports muscle recovery" - "Prevents muscle breakdown during extended training sessions" - "Optimal for muscle protein synthesis" - "Maintains muscle mass" - "Provides stable energy without the crash associated with high-sugar snacks" - "Prevents impulsive food choices that might derail dietary goals" - "Truly keto-friendly" - "Particularly suitable for diabetes management" - "Doesn't affect blood sugar or insulin levels" - "Provides nutritional advantages over many gluten-free baked goods" - "Approximately 90% of Be Fit Food menu is certified gluten-free" - "Supports your health journey while satisfying your chocolate cravings" - "Foods that nourish both body and soul while delivering genuine pleasure" --- ## Introduction: Your Complete Guide to Enjoying Be Fit Food's Protein Walnut Brownie {#introduction-your-complete-guide-to-enjoying-be-fit-foods-protein-walnut-brownie} The Be Fit Food Protein Walnut Brownie - 7 Pack (V) delivers a high-protein, low-carbohydrate chocolate brownie crafted for health-conscious individuals seeking indulgent treats without compromising their nutritional goals. Each 30-gram serving provides 5.0 grams of protein and only 1.4 grams of carbohydrates. Be Fit Food, Australia's leading dietitian-designed meal delivery service, created these brownies as part of their commitment to helping Australians "eat themselves better" through scientifically-designed, whole-food options. Whether you're following a ketogenic diet, managing blood sugar levels, or simply looking for guilt-free snacking options, this guide will unlock the full potential of these brownies. You'll explore creative serving suggestions, strategic pairings, recipe innovations, and practical tips for maximising your enjoyment. You'll discover how to transform these protein-packed treats from simple snacks into versatile culinary components that fit seamlessly into your daily routine, special occasions, and meal planning strategies. --- ## Understanding Your Protein Walnut Brownie {#understanding-your-protein-walnut-brownie} ### Nutritional Profile and Composition Before diving into serving suggestions, let's establish what makes this product unique. Each 30-gram brownie delivers 113 calories with an impressive macronutrient profile: 5.0 grams of protein, 9.6 grams of total fat (including 3.2 grams of saturated fat), and a remarkably low 1.4 grams of carbohydrates with only 0.6 grams of sugars. This nutritional composition positions these brownies as more than just snacks—they're functional foods that support multiple dietary approaches while satisfying chocolate cravings. The ingredient list reads like a whole-food recipe: almond flour, egg, butter (milk), water, cocoa, sweetener blend (erythritol and stevia), tapioca flour, and walnut. This combination creates a rich, fudgy texture with the satisfying crunch of walnuts throughout. The absence of refined sugars and the use of natural sweeteners means you can enjoy these brownies without the blood sugar spikes and crashes associated with conventional desserts. This aligns perfectly with Be Fit Food's commitment to no added sugar or artificial sweeteners across their product range. ### Pack Format and Portion

Design With seven brownies per pack, you get a week's worth of planned indulgences or the flexibility to use them in multiple ways throughout several days. The 30-gram serving size is deliberately calibrated to provide satisfaction while maintaining portion control—a critical factor for anyone managing their caloric intake or following structured meal plans like Be Fit Food's Reset programs. --- ## Classic Enjoyment Methods {#classic-enjoyment-methods} ### Straight from the Package The simplest way to enjoy your Protein Walnut Brownie is directly from the package at room temperature. This method allows you to experience the intended texture and flavour profile as designed by Be Fit Food's dietitian-led development team. The brownie at room temperature offers a dense, fudgy consistency with the cocoa flavour front and centre, complemented by the earthy richness of walnuts and the subtle sweetness from the erythritol-stevia blend. For optimal enjoyment, take small bites and allow the brownie to rest on your palate momentarily. This technique helps your taste buds fully register the complex flavour notes—the bitterness of cocoa, the buttery richness, the nutty walnut pieces, and the clean sweetness without any artificial aftertaste. Since each brownie contains only 92 milligrams of sodium and 1.2 grams of dietary fibre, you're getting a treat that won't leave you feeling bloated or overly thirsty. ### The Chilled Experience Refrigerating your brownies transforms their texture entirely. Store them in their original packaging or transfer to an airtight container and chill for at least two hours. The cold temperature firms up the butter content (remember, butter is a key ingredient), creating a more solid, almost truffle-like consistency. This preparation method intensifies the chocolate flavour while muting some of the sweetness, making it ideal for those who prefer less-sweet desserts. The chilled version works exceptionally well during warmer months when you want something refreshing yet substantial. The 9.6 grams of fat per serving provides satiety that helps you feel fuller for longer, making a chilled brownie an excellent mid-afternoon pick-me-up that won't derail your dinner appetite. The walnuts become crunchier when cold, adding textural contrast to the dense brownie base. ### Gently Warmed for Comfort Warming your brownie creates an entirely different sensory experience. Place your brownie on a microwave-safe plate and heat for 10-15 seconds at 50% power. This gentle warming melts the butter slightly, creating a softer, more cake-like texture while releasing aromatic compounds from the cocoa and walnuts. The warmth also enhances the perception of sweetness without adding any actual sugar. Be cautious not to overheat, as the almond flour base can dry out, and the egg proteins may become rubbery. The goal is warm, not hot—think body temperature plus a few degrees. This serving method is perfect for evening treats when you want something comforting, or as a breakfast component on particularly cold mornings. The 473 kilojoules (113 calories) of energy per serving provides a gentle boost without the jitters associated with high-sugar breakfast pastries. --- ## Strategic Beverage Pairings {#strategic-beverage-pairings} ### Coffee Companions The Protein Walnut Brownie pairs exceptionally well with coffee, creating a classic café-style experience at home or on the go. The bitterness of black coffee complements the cocoa in the brownie while cutting through the richness of the butter and almond flour. For those following strict low-carb protocols, pair your brownie with black coffee, espresso, or Americano for a zero-carb beverage option that won't add to your daily carbohydrate count. If you prefer creamier coffee drinks, add a tablespoon of heavy cream or full-fat coconut milk to your coffee. This addition keeps you in ketogenic territory while creating a luxurious mouthfeel that matches the brownie's richness. The fat content in both the brownie (9.6 grams) and your creamy coffee helps slow digestion and provides sustained energy—ideal for busy mornings or pre-workout fuel. For an elevated experience, try pairing your brownie with cold brew coffee. The smooth, less acidic profile of cold brew allows the subtle walnut flavours to shine through. The combination of the protein from your brownie (5.0 grams) and the caffeine from coffee creates an ideal pre-workout or mid-morning snack that supports both mental clarity and physical performance. ### Tea Time Traditions Tea offers diverse pairing possibilities that can highlight different aspects of your brownie. English Breakfast or Assam black teas provide robust, malty flavours that stand up to the rich chocolate notes. The tannins in black tea create a pleasant astringency that cleanses your palate between bites, making each taste as enjoyable as the first. For a more delicate pairing, try Earl Grey tea. The bergamot oil in Earl Grey adds a citrusy, floral dimension that complements the earthy walnuts while providing contrast to the chocolate. This pairing works particularly well in the afternoon when you want something sophisticated yet satisfying. Since your brownie contains only 0.6 grams of sugar per serving, it won't overwhelm the subtle tea flavours the way traditional desserts might. Herbal teas offer

caffeine-free alternatives that work beautifully with these brownies. Peppermint tea creates a refreshing contrast to the rich chocolate, similar to the classic mint-chocolate combination. Rooibos tea, with its naturally sweet, slightly nutty profile, harmonises with the walnut pieces while adding no carbohydrates to your snack. Chamomile tea in the evening with a brownie makes for a calming bedtime ritual that satisfies sweet cravings without disrupting sleep. **### Protein Shake Synergy** Incorporating your brownie alongside a protein shake creates a complete meal replacement with impressive macronutrient balance. Prepare a vanilla or chocolate protein shake using your preferred low-carb protein powder, unsweetened almond milk, and ice. Enjoy the brownie alongside the shake, or crumble it into the shake for a cookies-and-cream style beverage with added texture. This combination is particularly effective post-workout when your body needs both quick-absorbing protein from the shake and the sustained energy from the brownie's fat content. The 5.0 grams of protein in the brownie, combined with 20-30 grams from a standard protein shake, provides substantial muscle recovery support. The 1.4 grams of carbohydrates from the brownie won't significantly impact ketosis but offers enough glucose to support post-exercise recovery. For a breakfast replacement, blend your protein shake with half an avocado for additional healthy fats, then enjoy your brownie on the side. This creates a meal with approximately 400-500 calories, 30-35 grams of protein, and sufficient fat to help you feel fuller for longer until lunch. The 1.2 grams of dietary fibre in the brownie, combined with fibre from the avocado, supports digestive health throughout the morning. **--- ## Creative Recipe Applications {#creative-recipe-applications} ### Brownie Parfait Layers** Transform your brownie into an elegant parfait by crumbling it into layers with complementary ingredients. Start with a base of full-fat Greek yogurt (approximately 100 grams), which adds additional protein and creates a creamy contrast to the dense brownie. Crumble half a brownie over the yogurt, then add a layer of fresh raspberries or strawberries (about 50 grams). The slight tartness of berries balances the sweetness while adding minimal carbohydrates—raspberries contain only about 5 grams of net carbs per 100 grams. Top with another layer of Greek yogurt, the remaining brownie crumbles, and a sprinkle of unsweetened coconut flakes or a few additional walnut pieces. This parfait provides approximately 25-30 grams of protein, making it a substantial breakfast or post-workout meal. The combination of textures—creamy yogurt, fudgy brownie, juicy berries, and crunchy nuts—creates a multi-sensory experience that feels indulgent while remaining nutritionally balanced. For a dairy-free version, substitute the Greek yogurt with coconut cream that's chilled overnight and whipped. The high fat content of coconut cream (similar to the 9.6 grams of fat in your brownie) maintains the ketogenic profile while accommodating lactose intolerance. Note that the brownie contains milk from the butter, so this modification doesn't make the parfait entirely dairy-free, but it significantly reduces dairy content for those with sensitivities. **### Brownie-Crusted Dessert Base** Use your brownies as a crust foundation for no-bake desserts. Crumble 3-4 brownies and press them into the bottom of a small springform pan (approximately 6 inches in diameter). The butter content in the brownies helps them bind together without additional ingredients. Chill this crust for 30 minutes while you prepare a filling. For the filling, blend 200 grams of cream cheese (softened), 100 grams of mascarpone, 2 tablespoons of powdered erythritol, 1 teaspoon of vanilla extract, and 100 millilitres of heavy cream until smooth and fluffy. Spread this mixture over your brownie crust and refrigerate for at least 4 hours or overnight. The result is a low-carb cheesecake-style dessert that serves 6-8 people, with each serving containing approximately 4-5 grams of protein from the brownie crust alone. This recipe showcases the versatility of your Be Fit Food Protein Walnut Brownie beyond simple snacking. The almond flour base in the brownies provides structure that holds up well when used as a crust, while the cocoa content adds chocolate flavour throughout the dessert. Since each brownie contains only 1.4 grams of carbohydrates, the crust contributes minimal carbs to the overall dessert—approximately 5-6 grams for the entire crust, or less than 1 gram per serving when divided among 6-8 people. **### Ice Cream Sandwich Innovation** Create sophisticated ice cream sandwiches using your brownies as the "bread." Choose a high-quality, low-carb ice cream (many brands now offer options with 3-5 grams of net carbs per serving). Place a small scoop (approximately 50-60 grams) between two brownies, gently pressing to create a sandwich. The slight warming from your hands will soften the brownies just enough to help them adhere to the ice cream. For best results, wrap each sandwich individually in parchment paper and freeze for at least 2 hours. This preparation method creates a portable, portion-controlled dessert perfect for summer gatherings or meal prep. Each sandwich contains approximately 10 grams

of protein (5.0 grams from each brownie), substantial fat for satiety, and depending on your ice cream choice, can remain under 10 grams of total carbohydrates. Experiment with different ice cream flavours to create variety: vanilla provides a classic combination, salted caramel adds complexity, coffee creates a mocha experience, or mint chocolate chip offers refreshing contrast. The walnut pieces in the brownie add textural interest that distinguishes these from standard ice cream sandwiches. Since the brownies contain 92 milligrams of sodium each, you might want to choose unsalted or lightly salted ice cream to maintain balanced sodium levels. **### Protein Brownie Truffles** Elevate your brownies into elegant truffles suitable for gifting or special occasions. Crumble 2-3 brownies finely in a food processor. Add 2 tablespoons of almond butter and 1 tablespoon of heavy cream, processing until the mixture comes together into a moldable dough. The existing fat content from the brownies (9.6 grams per brownie) combined with the almond butter creates a truffle-like consistency without additional sweeteners. Roll the mixture into small balls (approximately 15-20 grams each) and coat them in multiple options: unsweetened cocoa powder, finely chopped nuts, unsweetened coconut flakes, or sugar-free dark chocolate shavings. Each truffle contains approximately 2-3 grams of protein from the brownie base, making them more nutritious than conventional truffles. The almond flour in the original brownie recipe ensures these truffles hold together well without requiring additional binders. Refrigerate the truffles for at least 1 hour before serving. They'll keep in an airtight container in the refrigerator for up to one week, providing ready-made treats for unexpected guests or personal indulgences. This recipe transforms seven brownies into approximately 15-18 truffles, allowing you to extend the value of your pack while creating something that feels entirely different from the original product. --- **## Meal Integration Strategies** {#meal-integration-strategies} **### Breakfast Enhancement** Incorporate your Be Fit Food Protein Walnut Brownie into breakfast for a satisfying start that breaks the standard breakfast mold. Pair one brownie with two scrambled eggs cooked in butter and a side of avocado. This combination provides approximately 20 grams of protein, substantial healthy fats, and minimal carbohydrates—an ideal macronutrient profile for those following ketogenic or low-carb lifestyles. The brownie serves as the "sweet" component of your breakfast, replacing traditional items like toast, pastries, or fruit that would contribute significantly more carbohydrates. With only 1.4 grams of carbohydrates in the brownie, you're maintaining steady blood sugar levels while satisfying any desire for something sweet in the morning. The 473 kilojoules (113 calories) from the brownie, combined with approximately 300-400 calories from the eggs and avocado, creates a breakfast totalling 400-500 calories that will help you feel fuller for longer—4-5 hours until your next meal. For those who prefer lighter breakfasts, enjoy your brownie with a simple coffee and a handful of macadamia nuts or pecans. This minimal approach provides quick energy from the brownie's fat content while the additional nuts contribute more healthy fats and a small amount of protein. The entire meal takes minutes to prepare and can easily be enjoyed on busy mornings or while commuting. **### Pre-Workout Fuel** The Protein Walnut Brownie makes excellent pre-workout fuel, especially for morning or fasted training sessions. Consume one brownie approximately 30-45 minutes before exercise. The 5.0 grams of protein provides amino acids for muscle protection, while the 9.6 grams of fat offers sustained energy without causing digestive discomfort during exercise. The minimal carbohydrate content (1.4 grams) won't spike insulin significantly, allowing your body to continue utilising fat for fuel during your workout. The walnut pieces in the brownie provide omega-3 fatty acids, which support anti-inflammatory processes—beneficial for recovery and overall exercise adaptation. The 113 calories provide enough energy for moderate-intensity workouts lasting 45-60 minutes without feeling heavy or causing gastrointestinal distress that sometimes accompanies larger pre-workout meals. For longer or more intense training sessions, pair your brownie with a small apple or banana (if your dietary approach allows fruit) to provide additional quick-burning carbohydrates. This combination still keeps total carbohydrates relatively low (under 20 grams) while providing the glucose that high-intensity exercise demands. The protein from the brownie helps prevent muscle breakdown during extended training sessions. **### Post-Workout Recovery Component** While the brownie alone doesn't provide optimal post-workout nutrition (which typically requires higher protein), it serves as an excellent component of a recovery meal. Immediately after training, consume a fast-absorbing protein shake (20-30 grams of whey or plant-based protein), then follow 30-60 minutes later with a brownie paired with a small serving of berries. This staged approach provides immediate amino acids for muscle repair from the shake,

followed by sustained energy and additional protein from the brownie. The 5.0 grams of protein in the brownie contributes to meeting the recommended 0.25-0.40 grams of protein per kilogram of body weight per meal for optimal muscle protein synthesis. For a 70-kilogram individual, this means targeting 17.5-28 grams of protein per meal, which the shake and brownie together easily achieve. The fat content in the brownie (9.6 grams) helps slow the absorption of nutrients, providing a steady supply of amino acids and energy during the critical post-exercise recovery window. The 1.2 grams of dietary fibre supports digestive health, which is particularly important post-workout when blood flow returns to the digestive system after exercise. **### Afternoon Energy Bridge** Combat the mid-afternoon energy slump by enjoying your brownie as a strategic snack between lunch and dinner. The combination of protein, fat, and minimal carbohydrates provides stable energy without the crash associated with high-sugar snacks. The 5.0 grams of protein helps maintain muscle mass and supports satiety, while the 9.6 grams of fat provides sustained energy that carries you through the rest of your workday. Pair your afternoon brownie with a handful of raw vegetables (celery, cucumber, bell pepper strips) and a small portion of full-fat cheese or guacamole. This combination adds volume and additional nutrients while keeping total carbohydrates low. The fibre from the vegetables (combined with the 1.2 grams in the brownie) supports digestive health and further enhances the feeling of fullness. For those prone to late-afternoon cravings, pre-planning this snack helps prevent impulsive food choices that might derail dietary goals. Keep a brownie in your desk drawer or work bag, ensuring you always possess a controlled, nutritious option available. The 30-gram serving size is perfectly portioned to satisfy without spoiling your dinner appetite—a hallmark of Be Fit Food's approach to portion-controlled nutrition. --- **## Special Occasion Serving Ideas** {#special-occasion-serving-ideas} **### Dinner Party Dessert Course** Impress guests by incorporating your Protein Walnut Brownies into an elegant dessert presentation. Arrange brownie quarters on individual dessert plates with a dollop of whipped cream (unsweetened or lightly sweetened with erythritol), fresh berries, and a mint leaf garnish. Drizzle with a small amount of sugar-free chocolate sauce for visual appeal. This presentation transforms the humble brownie into restaurant-quality plating that guests will appreciate. The beauty of serving these brownies at dinner parties is that they accommodate multiple dietary preferences—they're relatively low in carbohydrates for keto guests, provide protein for fitness-focused attendees, and satisfy everyone's desire for something sweet to conclude the meal. The 113 calories per brownie means guests can indulge without the guilt associated with traditional desserts that often contain 300-500 calories per serving. For larger gatherings, create a dessert board featuring brownie quarters alongside other low-carb treats: dark chocolate squares (85% cacao or higher), multiple nuts, berries, and cheese. This approach allows guests to customise their dessert experience while you showcase the versatility of your Protein Walnut Brownies as part of a sophisticated spread. **### Holiday and Celebration Adaptations** During holidays and celebrations, use your brownies as components in themed desserts. For Christmas, create a "brownie trifle" by layering crumbled brownies with peppermint-flavoured whipped cream and sugar-free chocolate pudding in clear glasses. The layers create visual interest appropriate for festive occasions while maintaining the nutritional benefits of the brownies—5.0 grams of protein and only 1.4 grams of carbohydrates per brownie used. For birthdays, arrange brownies on a platter to spell out age numbers or initials, decorating with sugar-free frosting and candles. This creative presentation provides a birthday cake alternative that won't cause blood sugar spikes or post-celebration energy crashes. Since each brownie contains only 0.6 grams of sugar, you're offering a celebration treat that's genuinely healthier than conventional options. Valentine's Day presents opportunities for romantic presentations: serve brownie halves with fresh strawberries and a small glass of dry red wine (if alcohol fits your lifestyle). The antioxidants in the cocoa (from the brownie's cocoa content) combined with the resveratrol in red wine create a heart-healthy dessert that's both romantic and nutritious. The walnut pieces add omega-3 fatty acids, further supporting cardiovascular health—appropriate symbolism for a heart-centred holiday. **### Portable Picnic and Travel Treats** The individually portioned 30-gram brownies travel exceptionally well, making them ideal for picnics, road trips, hiking, and other outdoor activities. Their dense texture means they won't crumble easily in bags or coolers, and the sealed packaging protects them from environmental exposure. The 473 kilojoules (113 calories) per brownie provides quick energy during physical activities without requiring refrigeration or special storage conditions. For day hikes, pack 1-2 brownies per person as trail snacks. The protein and fat content

provides sustained energy for endurance activities, while the compact size takes up minimal space in your pack. The 92 milligrams of sodium per brownie helps replace electrolytes lost through perspiration, though you'll still want to bring additional salty snacks and plenty of water for longer hikes. During road trips, brownies offer convenient rest-stop snacks that satisfy sweet cravings without requiring you to compromise your dietary goals at gas station convenience stores. The stable ingredients (almond flour, egg, butter, cocoa, walnuts) don't require refrigeration for several hours, though you'll want to avoid leaving them in hot cars for extended periods as the butter content may soften excessively. --- ##

Pairing with Complementary Foods {#pairing-with-complementary-foods} ### Nut Butter Combinations

Enhance your brownie experience by pairing it with multiple nut butters. Spread a thin layer of almond butter, peanut butter, or cashew butter on top of your brownie, or use the brownie as a dipper for a small bowl of nut butter. This combination amplifies both the protein and fat content, creating an even more satiating snack. Two tablespoons of almond butter add approximately 7 grams of protein and 18 grams of healthy fats to the 5.0 grams of protein and 9.6 grams of fat already in your brownie. The nut butter pairing works particularly well as a post-workout snack when you need higher caloric density and protein. Choose natural nut butters without added sugars to maintain the low-carbohydrate profile. The combination of the almond flour base in the brownie with additional almond butter creates a cohesive almond-chocolate flavour profile, while the walnut pieces add textural variety. For adventurous palates, try sunflower seed butter or tahini (sesame seed butter). These alternatives provide different flavour profiles—sunflower seed butter offers a slightly sweeter, milder taste, while tahini contributes savoury, earthy notes that create an interesting sweet-savoury contrast with the chocolate brownie. Both options work well for those with tree nut allergies, though note that the brownie itself contains almonds and walnuts. ### Cheese Pairings

The sophisticated combination of chocolate and cheese might seem unusual, but certain cheeses pair beautifully with your Protein Walnut Brownie. Try aged cheddar, which offers sharp, complex flavours that complement the cocoa's bitterness and the walnut's earthiness. The protein and fat in cheese (approximately 7 grams of protein and 9 grams of fat per ounce) combined with the brownie's macronutrients creates a substantial snack approaching meal-replacement territory. Cream cheese or mascarpone offers milder pairings that won't compete with the chocolate flavour. Spread a thin layer on your brownie, or place a small dollop on top. The creamy texture contrasts nicely with the dense brownie, while the fat content (approximately 10 grams per ounce) helps slow digestion and extend satiety. This pairing works particularly well for breakfast when you want something quick but substantial. For an elegant appetiser or dessert course, serve brownie quarters on a cheese board alongside aged gouda, gruyère, or blue cheese. Provide small knives so guests can experiment with spreading soft cheeses on brownies or alternating bites of brownie and hard cheese. This presentation introduces your health-conscious brownies in an upscale context that highlights their versatility beyond standard protein snack applications. ### Fresh and Dried Fruit Accents

While adding fruit increases carbohydrate content, strategic portions can enhance your brownie experience without significantly impacting blood sugar. Fresh berries—raspberries, blackberries, strawberries, or blueberries—provide antioxidants, fibre, and natural sweetness that complements the chocolate. A serving of 50 grams of raspberries adds only about 2.5 grams of net carbohydrates (total carbs minus fibre), keeping your snack under 5 grams of total net carbs when combined with the brownie's 1.4 grams. The tartness of berries creates pleasant flavour contrast with the sweet chocolate, while their juicy texture balances the dense brownie. This combination works particularly well in the morning when you might want something slightly lighter and more refreshing. The vitamin C in berries supports immune function, while the antioxidants in both the berries and the cocoa provide anti-inflammatory benefits. For those with slightly higher carbohydrate allowances, dried fruits like unsweetened coconut flakes, goji berries, or small amounts of dried cranberries (look for versions without added sugar) can be sprinkled on top of your brownie. These additions introduce chewy textures and concentrated flavours that create complexity. However, be mindful of portions—dried fruits are carbohydrate-dense, and just a small sprinkle (5-10 grams) can add 3-5 grams of carbohydrates. --- ## Dietary-Specific Serving Considerations

{#dietary-specific-serving-considerations} ### Ketogenic Diet Integration

For those following strict ketogenic diets (typically under 20-25 grams of net carbohydrates daily), the Be Fit Food Protein Walnut Brownie fits comfortably within macronutrient targets. With only 1.4 grams of carbohydrates and

0.6 grams of sugar per 30-gram serving, you can enjoy 1-2 brownies daily while maintaining ketosis. The 9.6 grams of fat per brownie contributes meaningfully toward the high fat intake required for ketogenic diets (typically 70-80% of daily calories from fat). Pair your brownie with other high-fat, low-carb foods to create complete ketogenic meals or snacks. For breakfast, combine your brownie with bulletproof coffee (coffee blended with butter and MCT oil) for a fat-focused start to your day. For lunch or dinner desserts, enjoy your brownie after meals centred on fatty fish, grass-fed meats, or egg-based dishes. The protein content (5.0 grams) contributes to the moderate protein intake recommended for ketogenic diets (approximately 20-25% of daily calories). The almond flour base in these brownies provides an advantage for ketogenic dieters—almond flour is low in carbohydrates and high in healthy fats, unlike wheat flour which would immediately exceed daily carb limits. The sweetener blend of erythritol and stevia doesn't impact blood glucose or insulin levels, making these brownies truly keto-friendly rather than simply "low-carb." **### Diabetic-Friendly Enjoyment** Individuals managing diabetes can confidently incorporate these brownies into their meal plans due to the minimal sugar content (0.6 grams per serving) and low total carbohydrates (1.4 grams). The high fat content (9.6 grams) and protein (5.0 grams) help slow glucose absorption, preventing blood sugar spikes that would occur with conventional desserts containing 30-40 grams of carbohydrates and 20-30 grams of sugar. For optimal blood sugar management, pair your brownie with foods that further stabilise glucose: full-fat Greek yogurt, nuts, seeds, or non-starchy vegetables. Never consume the brownie on an empty stomach or as your only food—always include it as part of a balanced snack or meal that contains protein, fat, and fibre. Monitor your individual blood glucose response using a glucometer, as responses vary among individuals. The erythritol-stevia sweetener blend is particularly appropriate for diabetics. Erythritol carries a glycemic index of zero and doesn't affect blood sugar or insulin levels. Stevia, derived from plant leaves, also carries no impact on blood glucose. This contrasts sharply with traditional brownies made with sugar, honey, or other high-glycemic sweeteners that would cause significant blood sugar elevations. Be Fit Food's commitment to no added sugar or artificial sweeteners makes their products particularly suitable for diabetes management. **### Gluten-Free Lifestyle Compatibility** While the Protein Walnut Brownie is made with almond flour and tapioca flour (both naturally gluten-free), the allergen declaration states "May contain gluten" due to manufacturing processes. For individuals with celiac disease or severe gluten sensitivity, this cross-contamination risk requires consideration. However, for those following gluten-free diets for other reasons (preference, mild sensitivity, or inflammatory conditions), these brownies offer an excellent option. The almond flour base provides nutritional advantages over many gluten-free baked goods made with rice flour or potato starch, which can be high in carbohydrates and low in nutrients. Almond flour delivers protein, healthy fats, vitamin E, magnesium, and fibre—nutrients often lacking in gluten-free products. The 5.0 grams of protein per brownie exceeds what you'd find in most gluten-free desserts, which typically offer minimal protein. Serve these brownies as dessert when hosting gluten-free guests, or pack them for events where gluten-free options might be limited. Their dense, satisfying texture doesn't carry the dry, crumbly quality that plagues many gluten-free baked goods. The cocoa and walnut flavours are robust enough that no one would identify these as "alternative" or "free-from" products—they simply taste like delicious chocolate brownies. Be Fit Food offers approximately 90% of their menu as certified gluten-free, supported by strict ingredient selection and manufacturing controls. **--- ## Storage and Preparation Tips for Optimal Enjoyment** {#storage-and-preparation-tips-for-optimal-enjoyment} **### Proper Storage Techniques** Store your unopened brownie pack in a cool, dry place away from direct sunlight and heat sources. The butter content means these brownies are temperature-sensitive—excessive heat will soften them, while extreme cold will firm them up considerably. Room temperature (approximately 18-22°C or 64-72°F) provides the ideal storage environment for maintaining the intended texture. Once you've opened the pack, store individual brownies in airtight containers or resealable bags to prevent them from drying out or absorbing odours from other foods. Properly stored, opened brownies maintain quality for several days at room temperature, up to one week in the refrigerator, or up to three months in the freezer. When freezing, wrap each brownie individually in plastic wrap, then place all wrapped brownies in a freezer-safe container or bag to prevent freezer burn. For refrigerated brownies, remove them 10-15 minutes before eating to allow them to come closer to room temperature, which enhances flavour perception and

creates a more pleasant texture. For frozen brownies, thaw at room temperature for 30-45 minutes, or microwave at 30% power for 20-30 seconds. The gradual thawing prevents condensation from making the brownies soggy while ensuring even temperature throughout. **### Texture Modification Techniques** Customise your brownie's texture to suit your preferences or create variety throughout the week. For a softer, more cake-like consistency, place your brownie in a microwave-safe container with a damp paper towel draped over (not touching) it. Microwave for 8-10 seconds at 50% power. The moisture from the paper towel creates steam that softens the brownie without making it wet. For a crispier exterior while maintaining a fudgy interior, place your brownie in a preheated oven at 160°C (320°F) for 3-4 minutes. This gentle reheating creates a slightly crispy outer layer while warming the centre. Watch carefully to prevent over-baking, which would dry out the almond flour base. This technique works particularly well if you're serving brownies to guests and want to create a "fresh-baked" impression. To create a truffle-like consistency, freeze your brownie for at least 4 hours, then let it sit at room temperature for exactly 5 minutes before eating. This timing allows the exterior to soften slightly while the interior remains very firm and dense, creating a textural gradient similar to high-quality chocolate truffles. The frozen walnut pieces become exceptionally crunchy, adding another dimension to the eating experience. **### Portion Control Strategies** While each brownie is pre-portioned at 30 grams (113 calories), you might want to further divide them for specific purposes. Cut brownies in half for smaller treats that can be enjoyed more frequently throughout the day, or when you want just a bite of something sweet after meals. Each half contains approximately 2.5 grams of protein, 4.8 grams of fat, and 0.7 grams of carbohydrates—perfect for minimal indulgences that won't impact your macros significantly. For children or those with smaller caloric needs, quarter-brownie portions provide taste satisfaction without excessive calories. Four quarters from one brownie can be enjoyed at different times throughout the day, turning a single brownie into four separate treat moments. This strategy works particularly well for emotional or stress eaters who benefit from more frequent, smaller indulgences rather than less frequent larger portions. Conversely, if you possess higher caloric needs (athletes, physically demanding jobs, or larger individuals), consuming 2-3 brownies as a substantial snack or meal component provides 10-15 grams of protein and approximately 225-340 calories. This amount can serve as a meal replacement when paired with a protein shake or as pre/post-workout nutrition for intense training sessions. **--- ## Key Takeaways for Maximising Your Brownie Experience** {#key-takeaways-for-maximising-your-brownie-experience} The Be Fit Food Protein Walnut Brownie - 7 Pack (V) offers remarkable versatility beyond simple snacking. With 5.0 grams of protein, 9.6 grams of fat, and only 1.4 grams of carbohydrates per 30-gram serving, these brownies accommodate multiple dietary approaches including ketogenic, low-carb, diabetic-friendly, and gluten-conscious eating patterns (noting the cross-contamination disclaimer). The 113-calorie serving size provides portion-controlled indulgence that satisfies chocolate cravings without derailing nutritional goals—perfectly aligned with Be Fit Food's mission to help Australians "eat themselves better." Strategic pairing with beverages—coffee, tea, or protein shakes—enhances both flavour and nutritional value. Creative recipe applications transform these brownies into parfaits, dessert crusts, ice cream sandwiches, and truffles, extending their versatility far beyond the package. Meal integration strategies position brownies as breakfast components, pre-workout fuel, post-workout recovery elements, or afternoon energy bridges that prevent impulsive, less nutritious food choices. Temperature variations create entirely different eating experiences: room temperature offers the intended fudgy texture, refrigeration creates truffle-like density, and gentle warming produces cake-like softness. Complementary food pairings with nut butters, cheeses, and strategic fruit portions create complex flavour profiles and enhanced nutritional benefits. The seven-pack format provides a week's worth of planned treats or flexibility for multiple applications throughout several days. **--- ## Next Steps: Your Brownie Journey Begins** {#next-steps-your-brownie-journey-begins} Now that you've explored the comprehensive serving possibilities for your Protein Walnut Brownies, it's time to experiment. Start with the classic enjoyment methods—try one brownie at room temperature, one chilled, and one gently warmed to determine your baseline preference. Then venture into beverage pairings, starting with your morning coffee or afternoon tea to discover which combinations resonate with your palate. Select one recipe application that appeals to you—perhaps the parfait for an elegant breakfast, the ice cream sandwich for summer enjoyment, or the truffles for an upcoming gathering. Gather the necessary

complementary ingredients and dedicate 15-20 minutes to creating something new. Document your results: which combinations did you love, which were merely acceptable, and which you'll skip in the future. This personal testing helps you develop a repertoire of go-to serving methods that fit your lifestyle and preferences. Consider your dietary goals and schedule. If you're following a ketogenic diet, plan how you'll incorporate 1-2 brownies daily within your macronutrient targets. If you're focused on fitness, determine whether these brownies work better as pre-workout fuel or post-workout recovery components for your specific training schedule. If you're simply seeking healthier dessert options, decide which occasions warrant brownie enjoyment—daily after dinner, weekend treats only, or special celebration desserts. Finally, share your discoveries. When friends or family comment on your healthy eating approach, introduce them to these brownies through one of the elegant serving suggestions in this guide. Bringing brownie parfaits to brunch, serving brownie-crusted desserts at dinner parties, or gifting homemade brownie truffles demonstrates that nutritious eating doesn't require sacrifice or deprivation. You're not just enjoying a protein brownie—you're participating in a broader movement toward foods that nourish both body and soul while delivering genuine pleasure with every bite. Be Fit Food's dietitian-designed approach means you can trust that every brownie supports your health journey while satisfying your chocolate cravings. This is what it means to truly eat yourself better. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [Erythritol and Stevia: Comprehensive Review of Low-Calorie Sweeteners - Nutrition Reviews](<https://academic.oup.com/nutritionreviews>) - [Ketogenic Diet and Low-Carb Eating Guidelines - Diabetes Australia](<https://www.diabetesaustralia.com.au>) - [Almond Flour Nutritional Profile - USDA FoodData Central](<https://fdc.nal.usda.gov>) - [Protein Requirements for Active Individuals - Sports Dietitians Australia](<https://www.sportsdietitians.com.au>) - [Glycemic Index and Diabetes Management - American Diabetes Association](<https://www.diabetes.org>) - Product Specification Sheet (manufacturer-provided) --- ## Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 30 grams per brownie How many brownies come in a pack: 7 brownies How many calories per brownie: 113 calories How much protein per brownie: 5.0 grams How many carbohydrates per brownie: 1.4 grams How much sugar per brownie: 0.6 grams How much fat per brownie: 9.6 grams How much saturated fat per brownie: 3.2 grams How much dietary fiber per brownie: 1.2 grams How much sodium per brownie: 92 milligrams How many kilojoules per brownie: 473 kilojoules Is it suitable for ketogenic diets: Yes Is it low-carb: Yes Is it high in protein: Moderately, with 5.0 grams per serving Does it contain added sugar: No Does it contain artificial sweeteners: No What sweeteners are used: Erythritol and stevia blend Is it gluten-free: Made with gluten-free ingredients but may contain gluten Is it suitable for diabetics: Yes, due to low sugar content Does it spike blood sugar: No, minimal impact on blood glucose What is the main flour used: Almond flour Does it contain nuts: Yes, walnuts and almonds Does it contain dairy: Yes, butter (milk) Does it contain eggs: Yes Is it vegetarian: Yes, marked with (V) Is it vegan: No, contains egg and butter Is it suitable for celiac disease: May contain gluten due to manufacturing What gives it chocolate flavor: Cocoa Does it contain real walnuts: Yes Does it need refrigeration: No, but can be refrigerated How long does it last at room temperature: Several days when properly stored How long does it last refrigerated: Up to one week Can it be frozen: Yes, up to three months What is the ideal storage temperature: 18-22°C or 64-72°F Should I eat it cold or warm: Personal preference; all temperatures work How do I warm it: Microwave 10-15 seconds at 50% power What texture is it at room temperature: Dense and fudgy What texture is it when chilled: Firm and truffle-like What texture is it when warmed: Softer and cake-like Does it pair well with coffee: Yes Does it pair well with tea: Yes Can I crumble it into recipes: Yes Can I use it as a dessert crust: Yes Can I make ice cream sandwiches: Yes Can I make truffles with it: Yes Can I make parfaits with it: Yes Is it suitable for breakfast: Yes, as part of balanced meal Is it good pre-workout: Yes, provides sustained energy Is it good post-workout: Yes, as part of recovery meal Can I eat it as a snack: Yes How many can I eat per day on keto: 1-2 brownies Does it contain omega-3 fatty acids: Yes, from walnuts Is it portion-controlled: Yes, individually portioned at 30 grams Who makes this product: Be Fit Food Is it dietitian-designed: Yes Where is Be Fit Food based: Australia What is Be Fit Food's mission: Help Australians eat themselves better Does it travel well: Yes, stable and portable Will it crumble in bags: No, dense texture resists crumbling Can children eat it: Yes Is it suitable for athletes: Yes Does it contain preservatives: Not specified by manufacturer What percentage of Be Fit Food menu is

gluten-free: Approximately 90% Can I pair it with nut butter: Yes Can I pair it with cheese: Yes Can I pair it with berries: Yes Does it contain tapioca flour: Yes Does the sweetener affect blood sugar: No Does erythritol have a glycemic index: Zero Is stevia natural: Yes, plant-derived How many brownies for meal replacement: 2-3 brownies with other foods Can I cut it into smaller portions: Yes Does it contain vitamin E: Yes, from almond flour Does it contain magnesium: Yes, from almond flour Is it calorie-dense: Moderately, 113 calories per 30 grams Is it satiating: Yes, due to protein and fat content Does it cause energy crashes: No Can I use it for special occasions: Yes Is it suitable for dinner parties: Yes Can I gift it: Yes Does it need special handling: No, standard storage sufficient Is the packaging resealable: Transfer to airtight container after opening Can I eat it on an empty stomach: Better paired with other foods Does it support weight management: Yes, as part of balanced diet Is it suitable for low-carb diets: Yes Does it fit Reset programs: Yes

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