AMERICAN · DESSERT · SNACK

High-Protein Kidney Bean Brownies with Monk Fruit

45 min · plus 1–2 hours cooling | Makes 6 × 1 brownie (1/6 pan) | 229 kcal a portion

Video 4:17 · Bake With Neetu

Vegetarian

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Kidney beans, oats, peanut butter and Greek yoghurt replace flour and butter, and monk fruit replaces sugar: each brownie has about 12 g protein, 9 g fibre and no added sugar.

Ingredients

12 · MAKES 6 × 1 BROWNIE (1/6 PAN)

- [ ] 2 tbsp **ground flaxseed**
- [ ] 6 tbsp **water**
- [ ] 45 g **rolled oats**
- [ ] 1 can **red kidney beans**, drained and rinsed (240 g)
- [ ] 120 g **thick Greek yoghurt**
- [ ] 80 g **natural peanut butter**
- [ ] 35 g **unsweetened cocoa powder**
- [ ] 1 tsp **baking powder**
- [ ] 1 tsp **vanilla extract**
- [ ] ¼ tsp **salt**
- [ ] 80 g **granulated monk fruit sweetener**
- [ ] 40 g **sugar-free dark chocolate chips**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Stir the ground flaxseed into the water and leave for 5 minutes to thicken into a flax egg. Heat the oven to 175°C. 0:14
2. Blitz the rolled oats in a grinder or blender into a fine flour. 0:32
3. Drain and rinse the kidney beans, put them in a food processor and blend, scraping down the sides. 0:40
4. Add the flax egg, Greek yoghurt and peanut butter and blend until completely smooth. 1:22
5. Add the oat flour, cocoa, baking powder, vanilla and salt and blend again into a thick, smooth batter. 1:50
6. Scrape the batter into a bowl and stir in the monk fruit sweetener and half the chocolate chips. 2:12
7. Line a 20 cm square tin with baking paper, spread in the batter, scatter over the rest of the chips and bake for 25–28 minutes, until the centre is just firm. 2:48
8. Cool in the tin for 1–2 hours before lifting out and cutting into 6 brownies. 3:28

> **Tip** Blend the beans longer than you think for a smooth batter. Cut into 9 smaller squares if you prefer (about 8 g protein each), as the cook suggests.

The method is a summary in our words — the video shows every step.

One portion, 1 brownie (1/6 pan), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
229 kcal	12 g	26 g	9.1 g	12 g	300 mg
960 kJ	23% of a day	17 g net · 2.4 g sugars	32% of a day	3.9 g saturated	13% of a day
		9% of a day		16% of a day	

Energy from net carbs 30% · protein 21% · fat 49%

High in (20%+ of a day) Omega-3 39% · Magnesium 23%

Source of (10–19%) Folate 18% · Iron 16% · Zinc 16% · Selenium 12%

Recipe and video: Bake With Neetu (@BakeWithNeetu) on YouTube — youtube.com/watch?v=9MaeGlauT0c, published 22 September 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-kidney-bean-brownies