

Protein Brownies



INGREDIENTS

	Grams	Bakers (%)	Usage Levels (%)
Sugar	952.5	200.0	29.760
Chocolate ¹	510.0	107.1	15.940
Whey protein concentrate, 80% protein (WPC 80)	476.0	100.0	14.880
Butter, unsalted	435.0	91.4	13.600
Egg, white	312.0	65.7	9.778
Water, 32°C (90°F)	136.0	28.5	4.250
Glucose	108.8	22.8	3.410
Egg, yolk	95.0	20.0	2.976
Cornstarch	54.4	11.4	1.700
Vanilla liquid ²	47.6	10.0	1.488
Cocoa powder, Dutched	40.8	8.5	1.275
Chocolate extract	27.2	5.7	0.850
Salt	2.70	0.57	0.080
Total			100.00

¹It is important to use the best semi-sweet or bittersweet chocolate available.

²Madagascar Bourbon Vanilla 2X is the best to use in moist pastries, it holds flavor and aroma in moist products such as brownies and cakes, fats help hold flavors but are not always necessary. Indonesian and Mexican Vanillas 2X are best suited for dry products such as cookies, but not for brownies.

NUTRITIONAL CONTENT

Per 100g	
Calories	420kcal
Total Fat	23g
Saturated Fat	14g
Trans Fat	0g
Cholesterol	85mg
Total Carbohydrates	44g
Dietary Fiber	3g
Sugars	36g
Protein	17g
Calcium	149mg
Magnesium	85mg
Phosphorus	128mg
Potassium	290mg
Sodium	80mg
Iron	3mg
Vitamin A	432IU
Vitamin C	0mg

PREPARATION

- Pre-heat oven to 163°C (325°F).**
- Place butter, water and chocolate in a large pouring container, place in microwave, on high power in 30 second increments, stirring between each microwave burst, until chocolate is 3/4 melted. (Never completely melt chocolate as it can quickly burn and separate the cocoa butter from the liqueur.)**
- Stir until totally smooth. This method allows the unmelted chocolate to help cool the mixture and does not allow the butter to overheat and explode in the microwave.**
- Add water to the chocolate mixture, stir until smooth. Set aside to cool.**
- Place the eggs, sugar and glucose in a 20 quart or liter mixer fitted with paddle attachment, mix for 8 minutes on medium speed.**
- Using a flexible spatula, scrape down sides and bottom of bowl frequently.**

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PREPARATION

(continues)

7. **Pour the chocolate mixture down the side of the mixing bowl, with paddle moving on low speed, trying not to hit the sides of the bowl or the paddle. Mix quickly, maximum 40 seconds.**
8. **Scrape down bowl well especially focusing on the bottom of the bowl where the glucose can hide.**
9. **Mix together salt, WPC 80, cornstarch and cocoa powder. Sift 3 times.**
10. **Add vanilla and chocolate extracts and flours to the batter, blend until well incorporated, on low speed.**
11. **Double parchment line a high sided half sheet pan. Pour into prepared sheet pan, smooth surface of batter, making sure corners are slightly higher than the center.**
12. **Bake time can vary from 20 to 38 minutes depending on the pan and oven.**
13. **Center will be slightly higher than the sides when ready ("done"). To test for doneness, use a temperature probe in the center of the brownie which must read 82°C (180°F).**
14. **Leave in oven with door open slightly for 30 minutes.**
15. **Remove from oven. Cool upside down in the pan at room temperature. Brownies should be refrigerated or frozen for 1 to 2 hours before cutting.**
16. **Cut brownies 5 x 5 cm (2 x 2") (recommended portion size).**
17. **Re-run knife around pan then lift brownies out of the pan using the extended double parchment paper.**
18. **Brownies are best cut from backside to maintain good top surface.**
19. **Cellophane bags are ideal for packaging brownies.**

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