

Protein Walnut Brownie - 7 Pack (V) (GF) | Be Fit Food

Canonical: <https://befitfood.com.au/products/keto-brownie-slice-7-pack>

Details:

Product

Product Facts

****Product Name**:** Protein Walnut Brownie - 7 Pack (V) (GF) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Healthy Snacks & Nutritional Bars ****GTIN**:** 09358266002155 ****MPN**:** 09358266002155

Indulgence without the guilt. Our Protein Walnut Brownie combines rich chocolate with crunchy, flavour-packed walnuts to satisfy your sweet cravings while delivering a high-protein boost to keep you fuelled and satisfied. High in protein Less than 2g of carbs Contains no added sugar or artificial sweetener Contains no artificial colours and flavours Serving & Storage Instructions Nutrition 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.

Variant Price Availability	--- --- ---	180004-S1 24.95 AUD	180004-S2 24.90 AUD	180004-S3 24.85 AUD	180004-S4 24.75 AUD	180004-S5 24.65 AUD	180004-S6 22.45 AUD	180004-S7 24.60 AUD	180004-S8 19.99 AUD	180004-S9 21.80 AUD	180004-S10 24.95 AUD	180004-P1 24.95 AUD	180004-P2 19.75 AUD	180004-P3 19.95 AUD
--------------------------------	-----------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	------------------------	-----------------------	-----------------------	-----------------------

Protein Walnut Brownie - 7 Pack (V) (GF)

Our Protein Walnut Brownie pairs chocolate flavour with crunchy walnuts in a seven-pack. Almond flour, egg, butter and cocoa form part of the recipe, with an erythritol-and-stevia sweetener blend. Choose it when you want a brownie-style snack rather than a cookie or fruit-based protein ball.

Displayed price: A\$24.95 , checked 19 October 2026. Confirm the current price and chosen product at checkout.

Choosing this brownie

Walnuts are an ingredient, rather than just a serving suggestion, and almond flour is also included. Milk from butter and egg are present, so the vegetarian label does not make this a vegan or dairy-free snack.

The nutrition panel uses a 30 g serving. Compare snacks using their stated serving weights, and do not apply a per-serving figure to the whole seven-pack. There is also a dietary-label conflict to resolve if gluten avoidance matters to you: the title includes “GF”, but the allergen declaration says the product may contain gluten.

Ingredients and allergens

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.

Nutrition information

Serving size: 30 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	473 kJ (113 Cal)	1580 kJ (378 Cal)
Protein	5.0g	16.6g	Fat	9.6g	31.9g	Saturated fat	3.2g	10.8g
Carbohydrate	1.4g	4.8g	Sugars	0.6g	1.8g	Fibre	1.2g	3.8g
Sodium	92mg	308mg						

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the preparation and storage directions on the delivered pack. Product requirements differ; see the serving and storage help centre for further guidance.

Walnut Brownie questions

Does it contain both almonds and walnuts?

Yes. Almond flour and walnuts are listed, and both almond and walnut appear in the allergen declaration.

Is it vegan?

No. The recipe includes egg and butter made from milk. It is labelled vegetarian, which is a different dietary category.

Can I rely on the GF title?

The title and “may contain gluten” declaration conflict. Ask the team to confirm the current product's suitability before choosing it for a gluten-related dietary requirement.

Order and delivery

Check coverage for your postcode and delivery dates . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and current ordering options . For product or ingredient questions, contact Be Fit Food .