



HOLIDAY COOKIE PACK

Festive protein cookies for the holiday season.

5 Macro-Verified Recipes

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WHAT'S INSIDE

1. Snickerdoodle Protein Cookies	20g protein
2. Birthday Cake Protein Cookies	19g protein
3. Pumpkin Spice Protein Cookies	18g protein
4. Red Velvet Protein Cookies	18g protein
5. Gingerbread Protein Cookies	17g protein

Combined Shopping List
Pro Tips

Snickerdoodle Protein Cookies

20g

Prep: 12 min

Cook: 10 min

Total: 22 min

Yield: 12 cookies

Difficulty: Easy

160

CALORIES

20g

PROTEIN

14g

CARBS

5g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

3g cream of tartar

2g baking soda

2g salt

85g coconut oil, softened

80g granulated sweetener

1 large egg

5g vanilla extract

15g cinnamon-sweetener coating
(10g sweetener + 5g cinnamon)

INSTRUCTIONS

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, cream of tartar, baking soda, and salt.'}
- {'step': 'Cream Wet', 'text': 'In another bowl, beat coconut oil and sweetener until fluffy. Add egg and vanilla, mix well.'}
- {'step': 'Combine', 'text': 'Add dry ingredients to wet and mix until a dough forms.'}
- {'step': 'Roll and Coat', 'text': 'Mix cinnamon and sweetener in a small bowl. Roll dough into 12 balls, then roll each in the cinnamon mixture.'}
- {'step': 'Bake', 'text': 'Place on baking sheet and flatten slightly. Bake for 8-10 minutes until edges are set.'}
- {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes before transferring.'}

Birthday Cake Protein Cookies

19g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 12 cookies

Difficulty: Easy

165

CALORIES

19g

PROTEIN

16g

CARBS

5g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

3g baking powder

2g salt

85g Greek yogurt

60g maple syrup

30g coconut oil, melted

5g vanilla extract

3g butter extract (optional)

40g rainbow sprinkles

INSTRUCTIONS

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, baking powder, and salt.'}
- {'step': 'Mix Wet', 'text': 'In another bowl, combine Greek yogurt, maple syrup, coconut oil, vanilla, and butter extract.'}
- {'step': 'Combine', 'text': 'Add wet to dry and mix until combined. Gently fold in sprinkles.'}
- {'step': 'Shape', 'text': 'Scoop 12 portions onto the baking sheet. Flatten slightly.'}
- {'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are just set. Do not overbake.'}
- {'step': 'Decorate', 'text': 'Press additional sprinkles on top while still warm. Cool completely.'}

Pumpkin Spice Protein Cookies

18g

Prep: 12 min

Cook: 14 min

Total: 26 min

Yield: 14 cookies

Difficulty: Easy

145

CALORIES

18g

PROTEIN

16g

CARBS

4g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

5g pumpkin pie spice

3g baking powder

2g salt

170g pumpkin puree (not pie filling)

60g maple syrup

1 large egg

30g coconut oil, melted

5g vanilla extract

INSTRUCTIONS

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, pumpkin pie spice, baking powder, and salt.'}
- {'step': 'Mix Wet', 'text': 'Combine pumpkin puree, maple syrup, egg, coconut oil, and vanilla.'}
- {'step': 'Combine', 'text': 'Add wet to dry and mix until just combined. Batter will be thick.'}
- {'step': 'Shape', 'text': 'Scoop 14 portions onto baking sheet. These won't spread much, so flatten slightly.'}
- {'step': 'Bake', 'text': 'Bake for 12-14 minutes until edges are set and tops spring back when touched.'}
- {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes before transferring.'}

Red Velvet Protein Cookies

18g

Prep: 15 min Cook: 10 min Total: 25 min Yield: 12 cookies Difficulty: Medium

165
CALORIES

18g
PROTEIN

16g
CARBS

5g
FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

15g unsweetened cocoa powder

3g baking powder

2g salt

85g Greek yogurt

60g maple syrup

1 large egg

10ml red food coloring

5g vanilla extract

60g white chocolate chips

INSTRUCTIONS

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, cocoa powder, baking powder, and salt.'}
- {'step': 'Mix Wet', 'text': 'Combine Greek yogurt, maple syrup, egg, food coloring, and vanilla.'}
- {'step': 'Combine', 'text': 'Add wet to dry and mix until combined. Fold in white chocolate chips.'}
- {'step': 'Shape', 'text': 'Scoop 12 portions onto baking sheet. Flatten slightly.'}
- {'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are set.'}
- {'step': 'Cool and Frost', 'text': 'Cool completely. Optional: top with a cream cheese frosting drizzle.'}

Gingerbread Protein Cookies

17g

Prep: 15 min

Cook: 10 min

Total: 25 min

Yield: 14 cookies

Difficulty: Easy

150

CALORIES

17g

PROTEIN

17g

CARBS

4g

FAT

INGREDIENTS

120g oat flour

60g vanilla whey protein powder

5g ground ginger

3g cinnamon

2g nutmeg

1g cloves

3g baking soda

2g salt

60g molasses

60g maple syrup

1 large egg

30g coconut oil, melted

INSTRUCTIONS

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, ginger, cinnamon, nutmeg, cloves, baking soda, and salt.'}
- {'step': 'Mix Wet', 'text': 'Combine molasses, maple syrup, egg, and melted coconut oil.'}
- {'step': 'Combine', 'text': 'Add wet to dry and mix until a soft dough forms.'}
- {'step': 'Chill', 'text': 'Refrigerate dough for 15 minutes for easier handling.'}
- {'step': 'Shape', 'text': 'Roll into 14 balls and place on baking sheet. Flatten slightly.'}
- {'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are set but centers are soft.'}
- {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes. Optional: decorate with icing.'}

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 120g oat flour
- ☐ 60g vanilla whey protein powder
- ☐ 2g baking soda
- ☐ 15g cinnamon-sweetener coating (10g sweetener + 5g cinnamon)
- ☐ 3g baking powder
- ☐ 15g unsweetened cocoa powder
- ☐ 3g baking soda

DAIRY & EGGS

- ☐ 3g cream of tartar
- ☐ 1 large egg
- ☐ 85g Greek yogurt
- ☐ 3g butter extract (optional)

PRODUCE

- ☐ 5g pumpkin pie spice
- ☐ 170g pumpkin puree (not pie filling)

SWEETENERS & FLAVORINGS

- ☐ 5g vanilla extract
- ☐ 60g maple syrup
- ☐ 60g white chocolate chips

OTHER

- ☐ 2g salt
- ☐

85g coconut oil, softened

☐ 80g granulated sweetener

☐ 30g coconut oil, melted

☐ 40g rainbow sprinkles

☐ 10ml red food coloring

☐ 5g ground ginger

☐ 3g cinnamon

☐ 2g nutmeg

☐ 1g cloves

☐ 60g molasses

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteincookies.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified cookies recipes, interactive ingredient substitutions, and more free recipe packs.

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