



## STARTER PACK

5 essential protein cookie recipes to get you started. Perfect for beginners!

5 Macro-Verified Recipes

ProteinCookies | [proteincookies.co](http://proteincookies.co)

## WHAT'S INSIDE

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- 1. Chocolate Chip Protein Cookies 21g protein
  - 2. Peanut Butter Protein Cookies 24g protein
  - 3. No-Bake Protein Cookies 18g protein
  - 4. Oatmeal Raisin Protein Cookies 19g protein
  - 5. Double Chocolate Protein Cookies 22g protein
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Combined Shopping List

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Pro Tips

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# Chocolate Chip Protein Cookies

21g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 cookies

Difficulty: Easy

165

CALORIES

21g

PROTEIN

14g

CARBS

6g

FAT

## INGREDIENTS

120g oat flour

60g vanilla whey protein powder

3g baking soda

2g salt

115g almond butter

80g maple syrup

1 large egg

5g vanilla extract

60g dark chocolate chips

## INSTRUCTIONS

- 1 {'step': 'Preheat and Prep', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.'}
- 2 {'step': 'Mix Dry Ingredients', 'text': 'In a large bowl, whisk together the oat flour, protein powder, baking soda, and salt until well combined.'}
- 3 {'step': 'Combine Wet Ingredients', 'text': 'In a separate bowl, mix the almond butter, maple syrup, egg, and vanilla extract until smooth.'}
- 4 {'step': 'Form Dough', 'text': 'Pour the wet ingredients into the dry and stir until just combined. Fold in the chocolate chips. Do not overmix.'}
- 5 {'step': 'Shape and Bake', 'text': 'Scoop 12 equal portions of dough onto the prepared baking sheet. Flatten slightly with your palm. Bake for 10-12 minutes until edges are golden but centers look slightly underdone.'}
- 6 {'step': 'Cool', 'text': 'Let cookies cool on the baking sheet for 5 minutes before transferring to a wire rack. They will firm up as they cool.'}

# Peanut Butter Protein Cookies

24g

Prep: 8 min

Cook: 10 min

Total: 18 min

Yield: 12 cookies

Difficulty: Beginner

**185**

CALORIES

**24g**

PROTEIN

**10g**

CARBS

**9g**

FAT

## INGREDIENTS

256g natural peanut butter

60g vanilla whey protein powder

2 large eggs

80g granulated sweetener (monk fruit or erythritol)

3g baking soda

2g vanilla extract

## INSTRUCTIONS

- 1 {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- 2 {'step': 'Mix Ingredients', 'text': 'In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.'}
- 3 {'step': 'Add Dry', 'text': 'Add the protein powder and baking soda. Stir until a thick dough forms.'}
- 4 {'step': 'Shape', 'text': 'Roll dough into 12 balls and place on the baking sheet. Use a fork to create the classic crosshatch pattern, pressing down to flatten slightly.'}
- 5 {'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.'}
- 6 {'step': 'Cool', 'text': 'Cool on the baking sheet for 10 minutes. Cookies will firm up significantly as they cool.'}

# No-Bake Protein Cookies

18g

Prep: 10 min

Cook: 0 min

Total: 15 min

Yield: 12 cookies

Difficulty: Beginner

155

CALORIES

18g

PROTEIN

16g

CARBS

6g

FAT

## INGREDIENTS

90g rolled oats

60g chocolate whey protein powder

128g natural peanut butter

80g honey or maple syrup

30g unsweetened cocoa powder

60ml almond milk

3g vanilla extract

## INSTRUCTIONS

- 1 {'step': 'Mix Base', 'text': 'In a large bowl, combine the oats, protein powder, and cocoa powder. Stir to combine.'}
- 2 {'step': 'Add Wet Ingredients', 'text': 'Add the peanut butter, honey, almond milk, and vanilla extract. Mix until a thick, sticky dough forms.'}
- 3 {'step': 'Adjust Consistency', 'text': 'If the mixture is too dry, add more almond milk 1 tablespoon at a time. If too wet, add more oats.'}
- 4 {'step': 'Shape Cookies', 'text': 'Using wet hands, roll the mixture into 12 balls and flatten into cookie shapes on a parchment-lined tray.'}
- 5 {'step': 'Chill', 'text': 'Refrigerate for at least 30 minutes until firm. Store in the refrigerator for up to 1 week.'}

# Oatmeal Raisin Protein Cookies

19g

Prep: 12 min

Cook: 14 min

Total: 26 min

Yield: 12 cookies

Difficulty: Easy

170

CALORIES

19g

PROTEIN

20g

CARBS

5g

FAT

## INGREDIENTS

120g rolled oats

60g vanilla whey protein powder

60g oat flour

5g cinnamon

3g baking soda

2g salt

170g unsweetened applesauce

60g maple syrup

1 large egg

60g raisins

## INSTRUCTIONS

- 1 {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- 2 {'step': 'Mix Dry', 'text': 'In a large bowl, combine oats, oat flour, protein powder, cinnamon, baking soda, and salt.'}
- 3 {'step': 'Mix Wet', 'text': 'In another bowl, whisk together applesauce, maple syrup, and egg.'}
- 4 {'step': 'Combine', 'text': 'Pour wet ingredients into dry and stir until combined. Fold in raisins.'}
- 5 {'step': 'Shape and Bake', 'text': 'Drop rounded tablespoons onto the baking sheet. Bake for 12-14 minutes until edges are golden.'}
- 6 {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes before transferring to a wire rack.'}

# Double Chocolate Protein Cookies

22g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 12 cookies

Difficulty: Easy

175

CALORIES

22g

PROTEIN

15g

CARBS

7g

FAT

## INGREDIENTS

90g oat flour

60g chocolate whey protein powder

30g unsweetened cocoa powder

3g baking soda

2g salt

115g almond butter

80g maple syrup

1 large egg

60g dark chocolate chips

## INSTRUCTIONS

1 {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}

2 {'step': 'Mix Dry', 'text': 'Whisk together oat flour, protein powder, cocoa powder, baking soda, and salt.'}

3 {'step': 'Mix Wet', 'text': 'In a separate bowl, combine almond butter, maple syrup, and egg until smooth.'}

4 {'step': 'Combine', 'text': 'Add wet to dry and stir until just combined. Fold in chocolate chips.'}

5 {'step': 'Bake', 'text': 'Scoop 12 portions onto the baking sheet. Bake for 10-12 minutes until set around edges.'}

6 {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes. Cookies will be very soft but will firm up.'}

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- 120g oat flour
- 60g vanilla whey protein powder
- 3g baking soda
- 90g rolled oats
- 60g chocolate whey protein powder
- 30g unsweetened cocoa powder
- 120g rolled oats
- 60g oat flour
- 90g oat flour

## DAIRY & EGGS

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- 115g almond butter
- 1 large egg
- 256g natural peanut butter
- 2 large eggs
- 128g natural peanut butter
- 60ml almond milk

## PRODUCE

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- 80g granulated sweetener (monk fruit or erythritol)
- 170g unsweetened applesauce

## SWEETENERS & FLAVORINGS

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- 80g maple syrup
- 5g vanilla extract
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60g dark chocolate chips

- 2g vanilla extract
- 80g honey or maple syrup
- 3g vanilla extract
- 60g maple syrup

#### OTHER

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- 2g salt
- 5g cinnamon
- 60g raisins

## 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](http://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.

[proteincookies.co](http://proteincookies.co)