



STARTER PACK

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

5 Macro-Verified Recipes

ProteinCookies | proteincookies.co

WHAT'S INSIDE

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

Combined Shopping List
Pro Tips

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

- {'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.'}
- {'step': 'Mix Dry Ingredients', 'text': 'In a large bowl, whisk together the oat flour, protein powder, baking soda, and salt until well combined.'}
- {'step': 'Combine Wet Ingredients', 'text': 'In a separate bowl, mix the almond butter, maple syrup, egg, and vanilla extract until smooth.'}
- {'step': 'Form Dough', 'text': 'Pour the wet ingredients into the dry and stir until just combined. Fold in the chocolate chips. Do not overmix.'}
- {'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.'}
- {'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

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Ingredients', 'text': 'In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.'}
- {'step': 'Add Dry', 'text': 'Add the protein powder and baking soda. Stir until a thick dough forms.'}
- {'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.'}
- {'step': 'Bake', 'text': 'Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.'}
- {'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

- {'step': 'Mix Base', 'text': 'In a large bowl, combine the oats, protein powder, and cocoa powder. Stir to combine.'}
- {'step': 'Add Wet Ingredients', 'text': 'Add the peanut butter, honey, almond milk, and vanilla extract. Mix until a thick, sticky dough forms.'}
- {'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.'}
- {'step': 'Shape Cookies', 'text': 'Using wet hands, roll the mixture into 12 balls and flatten into cookie shapes on a parchment-lined tray.'}
- {'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

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

- {'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 soda, and salt.'}
- {'step': 'Mix Wet', 'text': 'In a separate bowl, combine almond butter, maple syrup, and egg until smooth.'}
- {'step': 'Combine', 'text': 'Add wet to dry and stir until just combined. Fold in chocolate chips.'}
- {'step': 'Bake', 'text': 'Scoop 12 portions onto the baking sheet. Bake for 10-12 minutes until set around edges.'}
- {'step': 'Cool', 'text': 'Cool on baking sheet for 5 minutes. Cookies will be very soft but will firm up.'}

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 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

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

PRODUCE

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

SWEETENERS & FLAVORINGS

- ☐ 80g maple syrup
- ☐ 5g vanilla extract
- ☐

60g dark chocolate chips

☐ 2g vanilla extract

☐ 80g honey or maple syrup

☐ 3g vanilla extract

☐ 60g maple syrup

OTHER

☐ 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 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