



GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinCookies | proteincookies.co

WHAT'S INSIDE

1. Gluten-Free Oat Flour Protein Cookies

10g protein

2. Dairy-Free Peanut Butter Protein Cookies

12g protein

Combined Shopping List

Pro Tips

Gluten-Free Oat Flour Protein Cookies

10g

Prep: 10 min

Cook: 12 min

Total: 22 min

Yield: 16 cookies

Difficulty: Easy

125
CALORIES

10g
PROTEIN

14g
CARBS

5g
FAT

INGREDIENTS

150g certified gluten-free oat flour

60g vanilla whey protein powder

80g coconut sugar

1 large egg

80g almond butter

60ml unsweetened almond milk

1 tsp vanilla extract

1/2 tsp baking soda

Pinch of salt

80g dark chocolate chips

INSTRUCTIONS

- 1 Preheat oven to 175°C (350°F) and line a baking sheet with parchment paper.
- 2 In a large bowl, whisk together the egg, almond butter, almond milk, and vanilla until smooth.
- 3 Add the oat flour, protein powder, coconut sugar, baking soda, and salt. Mix until a dough forms.
- 4 Fold in the chocolate chips until evenly distributed.
- 5 Scoop tablespoon-sized balls onto the baking sheet. Flatten slightly. Bake for 10-12 minutes until edges are golden. Cool on pan for 5 minutes.

Dairy-Free Peanut Butter Protein Cookies

12g

Prep: 10 min

Cook: 10 min

Total: 20 min

Yield: 14 cookies

Difficulty: Easy

135

CALORIES

12g

PROTEIN

12g

CARBS

7g

FAT

INGREDIENTS

180g natural peanut butter

60g vanilla plant-based protein powder

80g coconut sugar

1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

60ml maple syrup

1 tsp vanilla extract

1/2 tsp baking soda

Pinch of salt

INSTRUCTIONS

- 1 Mix ground flaxseed with water and let sit for 5 minutes until gel-like.
- 2 In a large bowl, combine peanut butter, coconut sugar, maple syrup, flax egg, and vanilla. Mix until smooth.
- 3 Add the protein powder, baking soda, and salt. Mix until a thick dough forms.
- 4 Roll into 14 balls and place on a parchment-lined baking sheet. Flatten with a fork in a crosshatch pattern.
- 5 Bake at 175°C (350°F) for 8-10 minutes until edges are set. Cool on pan for 10 minutes before moving.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 150g certified gluten-free oat flour
- ☐ 60g vanilla whey protein powder
- ☐ 1/2 tsp baking soda
- ☐ 60g vanilla plant-based protein powder

DAIRY & EGGS

- ☐ 1 large egg
- ☐ 80g almond butter
- ☐ 60ml unsweetened almond milk
- ☐ 180g natural peanut butter
- ☐ 1 flax egg (1 tbsp ground flaxseed + 3 tbsp water)

SWEETENERS & FLAVORINGS

- ☐ 80g coconut sugar
- ☐ 1 tsp vanilla extract
- ☐ 80g dark chocolate chips
- ☐ 60ml maple syrup

OTHER

- ☐ Pinch of salt

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?

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