



NO-BAKE PACK

Quick protein cookies that require no oven. Ready in minutes!

2 Macro-Verified Recipes

ProteinCookies | proteincookies.co

WHAT'S INSIDE

1. No-Bake Protein Cookies

18g protein

2. Protein Cookie Dough Bites

15g protein

Combined Shopping List

Pro Tips

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.'}

Protein Cookie Dough Bites

15g

Prep: 15 min

Cook: 0 min

Total: 15 min

Yield: 24 bites

Difficulty: Beginner

140

CALORIES

15g

PROTEIN

14g

CARBS

6g

FAT

INGREDIENTS

120g heat-treated oat flour

60g vanilla whey protein powder

128g almond butter

60g maple syrup

30ml almond milk

5g vanilla extract

2g salt

45g mini chocolate chips

INSTRUCTIONS

- {'step': 'Heat-Treat Flour', 'text': 'If not using pre-treated flour, microwave oat flour for 1 minute, stirring halfway, to kill any bacteria.'}
- {'step': 'Mix Dry', 'text': 'In a large bowl, combine oat flour, protein powder, and salt.'}
- {'step': 'Add Wet', 'text': 'Add almond butter, maple syrup, almond milk, and vanilla. Mix until a dough forms.'}
- {'step': 'Add Chips', 'text': 'Fold in mini chocolate chips.'}
- {'step': 'Shape', 'text': 'Roll into 24 small balls. Place on a parchment-lined tray.'}
- {'step': 'Chill', 'text': 'Refrigerate for 30 minutes until firm. Store in the refrigerator for up to 2 weeks.'}

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 90g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 30g unsweetened cocoa powder
- ☐ 120g heat-treated oat flour
- ☐ 60g vanilla whey protein powder

DAIRY & EGGS

- ☐ 128g natural peanut butter
- ☐ 60ml almond milk
- ☐ 128g almond butter
- ☐ 30ml almond milk

SWEETENERS & FLAVORINGS

- ☐ 80g honey or maple syrup
- ☐ 3g vanilla extract
- ☐ 60g maple syrup
- ☐ 5g vanilla extract
- ☐ 45g mini chocolate chips

OTHER

- ☐ 2g 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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