



PEANUT BUTTER LOVERS PACK

For those who can't get enough peanut butter in their protein cookies.

4 Macro-Verified Recipes

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WHAT'S INSIDE

1. Peanut Butter Protein Cookies

24g protein

2. No-Bake Protein Cookies

18g protein

3. Monster Protein Cookies

20g protein

4. Chocolate Peanut Butter Protein Cookies

22g protein

Combined Shopping List

Pro Tips

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 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.
- 3 Add the protein powder and baking soda. Stir until a thick dough forms.
- 4 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 Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.
- 6 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 In a large bowl, combine the oats, protein powder, and cocoa powder. Stir to combine.
- 2 Add the peanut butter, honey, almond milk, and vanilla extract. Mix until a thick, sticky dough forms.
- 3 If the mixture is too dry, add more almond milk 1 tablespoon at a time. If too wet, add more oats.
- 4 Using wet hands, roll the mixture into 12 balls and flatten into cookie shapes on a parchment-lined tray.
- 5 Refrigerate for at least 30 minutes until firm. Store in the refrigerator for up to 1 week.

Monster Protein Cookies

20g

Prep: 12 min

Cook: 12 min

Total: 24 min

Yield: 12 cookies

Difficulty: Easy

195

CALORIES

20g

PROTEIN

20g

CARBS

8g

FAT

INGREDIENTS

90g rolled oats

60g vanilla whey protein powder

3g baking soda

2g salt

128g natural peanut butter

80g maple syrup

1 large egg

5g vanilla extract

30g chocolate chips

30g M&M candies

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Combine oats, protein powder, baking soda, and salt.
- 3 In another bowl, mix peanut butter, maple syrup, egg, and vanilla until smooth.
- 4 Add wet to dry and mix. Fold in chocolate chips and half the M&Ms.
- 5 Scoop 12 portions onto baking sheet. Press remaining M&Ms on top.
- 6 Bake for 10-12 minutes until edges are set.
- 7 Cool on baking sheet for 5 minutes before transferring.

Chocolate Peanut Butter Protein Cookies

22g

Prep: 12 min

Cook: 12 min

Total: 24 min

Yield: 12 cookies

Difficulty: Easy

185

CALORIES

22g

PROTEIN

14g

CARBS

9g

FAT

INGREDIENTS

90g oat flour

60g chocolate whey protein powder

25g unsweetened cocoa powder

3g baking soda

2g salt

85g almond butter

80g maple syrup

1 large egg

5g vanilla extract

64g natural peanut butter (for swirl)

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Whisk together oat flour, protein powder, cocoa powder, baking soda, and salt.
- 3 Combine almond butter, maple syrup, egg, and vanilla until smooth.
- 4 Add wet to dry and mix until a dough forms.
- 5 Scoop 12 portions onto baking sheet. Make a small indent in each.
- 6 Add 1/2 teaspoon peanut butter to each indent. Use a toothpick to swirl.
- 7 Bake for 10-12 minutes until edges are set.
- 8 Cool on baking sheet for 5 minutes before transferring.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g vanilla whey protein powder
- 3g baking soda
- 90g rolled oats
- 60g chocolate whey protein powder
- 30g unsweetened cocoa powder
- 90g oat flour
- 25g unsweetened cocoa powder

DAIRY & EGGS

- 256g natural peanut butter
- 2 large eggs
- 128g natural peanut butter
- 60ml almond milk
- 1 large egg
- 85g almond butter
- 64g natural peanut butter (for swirl)

PRODUCE

- 80g granulated sweetener (monk fruit or erythritol)

SWEETENERS & FLAVORINGS

- 2g vanilla extract
- 80g honey or maple syrup
- 3g vanilla extract
- 80g maple syrup
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5g vanilla extract

30g chocolate chips

OTHER

2g salt

30g M&M candies

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.

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