



# PEANUT BUTTER LOVERS PACK

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

4 Macro-Verified Recipes

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

## 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

- {'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.'}

# 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

- {'step': 'Preheat', 'text': 'Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.'}
- {'step': 'Mix Dry', 'text': 'Combine oats, protein powder, baking soda, and salt.'}
- {'step': 'Mix Wet', 'text': 'In another bowl, mix peanut butter, maple syrup, egg, and vanilla until smooth.'}
- {'step': 'Combine', 'text': 'Add wet to dry and mix. Fold in chocolate chips and half the M&Ms.'}
- {'step': 'Shape', 'text': 'Scoop 12 portions onto baking sheet. Press remaining M&Ms on top.'}
- {'step': 'Bake', 'text': 'Bake for 10-12 minutes until edges are set.'}
- {'step': 'Cool', 'text': '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 {'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': 'Combine almond butter, maple syrup, egg, and vanilla until smooth.'}
- 4 {'step': 'Combine', 'text': 'Add wet to dry and mix until a dough forms.'}
- 5 {'step': 'Shape', 'text': 'Scoop 12 portions onto baking sheet. Make a small indent in each.'}
- 6 {'step': 'Add Swirl', 'text': 'Add 1/2 teaspoon peanut butter to each indent. Use a toothpick to swirl.'}
- 7 {'step': 'Bake', 'text': 'Bake for 10-12 minutes until edges are set.'}
- 8 {'step': 'Cool', 'text': '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
- ☐

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](https://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](https://proteincookies.co)