

**PROTEINCOOKIES.COM**

# **THE STARTER PACK**

## **5 Essential Protein Cookie Recipes**

Everything you need to start making delicious, macro-verified protein cookies at home.

**5**

**MACRO-VERIFIED RECIPES**

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# WHATS INSIDE

## 1. Chocolate Chip Protein Cookies

21g protein | 165 cal | 22 min

## 2. Peanut Butter Protein Cookies

24g protein | 185 cal | 18 min

## 3. No-Bake Protein Cookies

18g protein | 155 cal | 15 min

## 4. Double Chocolate Protein Cookies

22g protein | 175 cal | 22 min

## 5. Oatmeal Raisin Protein Cookies

19g protein | 170 cal | 26 min

## ALSO INCLUDED:

- > Complete gram-based shopping list
- > Nutrition facts for every recipe
- > Storage and meal prep tips
- > Printable recipe cards

# CHOCOLATE CHIP PROTEIN COOKIES

## CLASSIC

Classic soft and chewy chocolate chip cookies loaded with protein. These macro-verified cookies deliver 21g protein per serving while tasting like the real thing.

21g

165

14g

6g

2g

PROTEIN

CALORIES

CARBS

FAT

FIBER

Time: 22 min | Yield: 12 cookies | Difficulty: Easy

## 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

### 1. Preheat and Prep

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.

### 2. Mix Dry Ingredients

In a large bowl, whisk together the oat flour, protein powder, baking soda, and salt until well combined.

### 3. Combine Wet Ingredients

In a separate bowl, mix the almond butter, maple syrup, egg, and vanilla extract until smooth.

### 4. Form Dough

Pour the wet ingredients into the dry and stir until just combined. Fold in the chocolate chips. Do not overmix.

### 5. Shape and Bake

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.

### 6. Cool

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

## HIGH PROTEIN

Rich, flourless peanut butter cookies with an incredible 24g protein per cookie. Made with just 4 main ingredients for the ultimate macro-friendly treat.

**24g**

PROTEIN

**185**

CALORIES

**10g**

CARBS

**9g**

FAT

**2g**

FIBER

Time: 18 min | Yield: 12 cookies | Difficulty: Beginner

## 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

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

### 2. Mix Ingredients

In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.

### 3. Add Dry

Add the protein powder and baking soda. Stir until a thick dough forms.

### 4. Shape

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

Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.

### 6. Cool

Cool on the baking sheet for 10 minutes. Cookies will firm up significantly as they cool.

# NO-BAKE PROTEIN COOKIES

QUICK

Quick and easy no-bake protein cookies ready in just 15 minutes. Perfect for meal prep with 18g protein and a fudgy, chewy texture.

**18g**

PROTEIN

**155**

CALORIES

**16g**

CARBS

**6g**

FAT

**3g**

FIBER

Time: 15 min | Yield: 12 cookies | Difficulty: Beginner

## 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. Mix Base

In a large bowl, combine the oats, protein powder, and cocoa powder. Stir to combine.

### 2. Add Wet Ingredients

Add the peanut butter, honey, almond milk, and vanilla extract. Mix until a thick, sticky dough forms.

### 3. Adjust Consistency

If the mixture is too dry, add more almond milk 1 tablespoon at a time. If too wet, add more oats.

### 4. Shape Cookies

Using wet hands, roll the mixture into 12 balls and flatten into cookie shapes on a parchment-lined tray.

### 5. Chill

Refrigerate for at least 30 minutes until firm. Store in the refrigerator for up to 1 week.

# DOUBLE CHOCOLATE PROTEIN COOKIES

## DESSERT

Decadent double chocolate cookies with 22g protein. Rich cocoa base studded with chocolate chips for the ultimate chocolate lover's protein treat.

**22g**

PROTEIN

**175**

CALORIES

**15g**

CARBS

**7g**

FAT

**3g**

FIBER

Time: 22 min | Yield: 12 cookies | Difficulty: Easy

## 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

### 1. Preheat

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

### 2. Mix Dry

Whisk together oat flour, protein powder, cocoa powder, baking soda, and salt.

### 3. Mix Wet

In a separate bowl, combine almond butter, maple syrup, and egg until smooth.

### 4. Combine

Add wet to dry and stir until just combined. Fold in chocolate chips.

### 5. Bake

Scoop 12 portions onto the baking sheet. Bake for 10-12 minutes until set around edges.

### 6. Cool

Cool on baking sheet for 5 minutes. Cookies will be very soft but will firm up.

# OATMEAL RAISIN PROTEIN COOKIES

## CLASSIC

Soft and chewy oatmeal raisin cookies with 19g protein. Cinnamon-spiced and loaded with fiber for a satisfying, macro-friendly snack.

**19g**

PROTEIN

**170**

CALORIES

**20g**

CARBS

**5g**

FAT

**3g**

FIBER

Time: 26 min | Yield: 12 cookies | Difficulty: Easy

## 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

### 1. Preheat

Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.

### 2. Mix Dry

In a large bowl, combine oats, oat flour, protein powder, cinnamon, baking soda, and salt.

### 3. Mix Wet

In another bowl, whisk together applesauce, maple syrup, and egg.

### 4. Combine

Pour wet ingredients into dry and stir until combined. Fold in raisins.

### 5. Shape and Bake

Drop rounded tablespoons onto the baking sheet. Bake for 12-14 minutes until edges are golden.

### 6. Cool

Cool on baking sheet for 5 minutes before transferring to a wire rack.

# SHOPPING LIST

Combined ingredients for all recipes in this pack

## DRY GOODS

- [ ] 120g oat flour
- [ ] 3g baking soda
- [ ] 2g salt
- [ ] 90g rolled oats
- [ ] 30g unsweetened cocoa powder
- [ ] 90g oat flour
- [ ] 120g rolled oats
- [ ] 60g oat flour
- [ ] 5g cinnamon

## PROTEINS & DAIRY

- [ ] 60g vanilla whey protein powder
- [ ] 1 large egg
- [ ] 2 large eggs
- [ ] 60g chocolate whey protein powder
- [ ] 60ml almond milk

## NUT BUTTERS & OILS

- [ ] 115g almond butter
- [ ] 256g natural peanut butter
- [ ] 128g natural peanut butter

## SWEETENERS

- [ ] 80g maple syrup
- [ ] 80g granulated sweetener (monk fruit or erythritol)
- [ ] 80g honey or maple syrup
- [ ] 60g maple syrup

## EXTRAS

- [ ] 5g vanilla extract
- [ ] 60g dark chocolate chips
- [ ] 2g vanilla extract
- [ ] 3g vanilla extract
- [ ] 170g unsweetened applesauce
- [ ] 60g raisins

# PRO TIPS

## USE A KITCHEN SCALE

All our recipes use gram measurements for precision. A kitchen scale ensures accurate macros every time.

## DONT OVERBAKE

Protein cookies firm up significantly as they cool. Remove from oven when centers still look slightly underdone.

## PROTEIN POWDER MATTERS

Different protein powders absorb liquid differently. If dough is too dry, add liquid 1 tbsp at a time.

## STORAGE TIPS

Store in an airtight container at room temperature for 5 days, refrigerate for 2 weeks, or freeze for 3 months.

## MEAL PREP FRIENDLY

Make a double batch on Sunday. Freeze individually wrapped cookies for grab-and-go protein throughout the week.

## CUSTOMIZE YOUR MACROS

Swap chocolate chips for nuts, use different nut butters, or adjust sweetener to fit your goals.

# WANT MORE RECIPES?

Visit ProteinCookies.com for 25+ macro-verified protein cookie recipes, more recipe packs, and weekly new recipes.

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All recipes are macro-verified using USDA FoodData Central.  
Nutrition values are estimates and may vary based on specific ingredients used.