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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

- Mix Base**

In a large bowl, combine the oats, protein powder, and cocoa powder. Stir to combine.
- Add Wet Ingredients**

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

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

Using wet hands, roll the mixture into 12 balls and flatten into cookie shapes on a parchment-lined tray.
- 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	175	15g	7g	3g
PROTEIN	CALORIES	CARBS	FAT	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

- Preheat**
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- Mix Dry**
Whisk together oat flour, protein powder, cocoa powder, baking soda, and salt.
- Mix Wet**
In a separate bowl, combine almond butter, maple syrup, and egg until smooth.
- Combine**
Add wet to dry and stir until just combined. Fold in chocolate chips.
- Bake**
Scoop 12 portions onto the baking sheet. Bake for 10-12 minutes until set around edges.
- 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

- Preheat**
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- Mix Dry**
In a large bowl, combine oats, oat flour, protein powder, cinnamon, baking soda, and salt.
- Mix Wet**
In another bowl, whisk together applesauce, maple syrup, and egg.
- Combine**
Pour wet ingredients into dry and stir until combined. Fold in raisins.
- Shape and Bake**
Drop rounded tablespoons onto the baking sheet. Bake for 12-14 minutes until edges are golden.
- 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.

[PROTEINCOOKIES.COM](https://ProteinCookies.com)

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