

PROTEINCOOKIES.COM

THE NO-BAKE PACK

Quick Recipes Ready in 15 Minutes

No oven required! These quick and easy protein cookies are perfect for busy days.

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MACRO-VERIFIED RECIPES

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proteincookies.com

WHATS INSIDE

1. No-Bake Protein Cookies

18g protein | 155 cal | 15 min

2. Protein Cookie Dough Bites

15g protein | 140 cal | 15 min

3. Peanut Butter Protein Cookies

24g protein | 185 cal | 18 min

ALSO INCLUDED:

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

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.

PROTEIN COOKIE DOUGH BITES

QUICK

Edible cookie dough bites with 15g protein per serving. Safe to eat raw with no eggs and heat-treated flour for worry-free snacking.

15g

PROTEIN

140

CALORIES

14g

CARBS

6g

FAT

2g

FIBER

Time: 15 min | Yield: 24 bites | Difficulty: Beginner

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

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

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

- Preheat**
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- Mix Ingredients**
In a large bowl, combine the peanut butter, eggs, sweetener, and vanilla. Mix until smooth.
- Add Dry**
Add the protein powder and baking soda. Stir until a thick dough forms.
- 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.
- Bake**
Bake for 9-10 minutes until edges are set but centers are still soft. Do not overbake.
- Cool**
Cool on the baking sheet for 10 minutes. Cookies will firm up significantly as they cool.

SHOPPING LIST

Combined ingredients for all recipes in this pack

DRY GOODS

- ☐ 90g rolled oats
- ☐ 30g unsweetened cocoa powder
- ☐ 120g heat-treated oat flour
- ☐ 2g salt
- ☐ 3g baking soda

PROTEINS & DAIRY

- ☐ 60g chocolate whey protein powder
- ☐ 60ml almond milk
- ☐ 60g vanilla whey protein powder
- ☐ 30ml almond milk
- ☐ 2 large eggs

NUT BUTTERS & OILS

- ☐ 128g natural peanut butter
- ☐ 128g almond butter
- ☐ 256g natural peanut butter

SWEETENERS

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

EXTRAS

- ☐ 3g vanilla extract
- ☐ 5g vanilla extract
- ☐ 45g mini chocolate chips
- ☐ 2g vanilla extract

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.