

PROTEINCOOKIES.COM

THE HOLIDAY COOKIE PACK

Festive Protein Cookies for Every Celebration

Healthy holiday treats that taste indulgent. Perfect for parties and gifts.

5

MACRO-VERIFIED RECIPES

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proteincookies.com

WHATS INSIDE

1. Gingerbread Protein Cookies

17g protein | 150 cal | 25 min

2. Snickerdoodle Protein Cookies

20g protein | 160 cal | 22 min

3. Pumpkin Spice Protein Cookies

18g protein | 145 cal | 26 min

4. Red Velvet Protein Cookies

18g protein | 165 cal | 25 min

5. Sugar-Free Protein Cookies

19g protein | 145 cal | 22 min

ALSO INCLUDED:

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

GINGERBREAD PROTEIN COOKIES

SEASONAL

Warm, spiced gingerbread cookies with 17g protein. Perfect for the holidays with classic gingerbread flavor and soft texture.

17g	150	17g	4g	1g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 25 min | Yield: 14 cookies | Difficulty: Easy

INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 5g ground ginger
- 3g cinnamon
- 2g nutmeg
- 1g cloves
- 3g baking soda
- 2g salt
- 60g molasses
- 60g maple syrup
- 1 large egg
- 30g coconut oil, melted

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, ginger, cinnamon, nutmeg, cloves, baking soda, and salt.
- Mix Wet**
Combine molasses, maple syrup, egg, and melted coconut oil.
- Combine**
Add wet to dry and mix until a soft dough forms.
- Chill**
Refrigerate dough for 15 minutes for easier handling.
- Shape**
Roll into 14 balls and place on baking sheet. Flatten slightly.
- Bake**
Bake for 9-10 minutes until edges are set but centers are soft.
- Cool**
Cool on baking sheet for 5 minutes. Optional: decorate with icing.

SNICKERDOODLE PROTEIN COOKIES

CLASSIC

Soft, pillowy snickerdoodle cookies rolled in cinnamon sugar with 20g protein. A guilt-free version of the classic that tastes just like the original.

20g

PROTEIN

160

CALORIES

14g

CARBS

5g

FAT

1g

FIBER

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

INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 3g cream of tartar
- 2g baking soda
- 2g salt
- 85g coconut oil, softened
- 80g granulated sweetener
- 1 large egg
- 5g vanilla extract
- 15g cinnamon-sweetener coating (10g sweetener + 5g cinnamon)

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, cream of tartar, baking soda, and salt.
- 3. Cream Wet**
In another bowl, beat coconut oil and sweetener until fluffy. Add egg and vanilla, mix well.
- 4. Combine**
Add dry ingredients to wet and mix until a dough forms.
- 5. Roll and Coat**
Mix cinnamon and sweetener in a small bowl. Roll dough into 12 balls, then roll each in the cinnamon mixture.
- 6. Bake**
Place on baking sheet and flatten slightly. Bake for 8-10 minutes until edges are set.
- 7. Cool**
Cool on baking sheet for 5 minutes before transferring.

PUMPKIN SPICE PROTEIN COOKIES

SEASONAL

Soft, cakey pumpkin spice cookies with 18g protein. Perfect for fall with warm spices and real pumpkin puree.

18g	145	16g	4g	2g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 26 min | Yield: 14 cookies | Difficulty: Easy

INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 5g pumpkin pie spice
- 3g baking powder
- 2g salt
- 170g pumpkin puree (not pie filling)
- 60g maple syrup
- 1 large egg
- 30g coconut oil, melted
- 5g vanilla extract

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, pumpkin pie spice, baking powder, and salt.
- 3. Mix Wet**
Combine pumpkin puree, maple syrup, egg, coconut oil, and vanilla.
- 4. Combine**
Add wet to dry and mix until just combined. Batter will be thick.
- 5. Shape**
Scoop 14 portions onto baking sheet. These won't spread much, so flatten slightly.
- 6. Bake**
Bake for 12-14 minutes until edges are set and tops spring back when touched.
- 7. Cool**
Cool on baking sheet for 5 minutes before transferring.

RED VELVET PROTEIN COOKIES

SEASONAL

Stunning red velvet cookies with cream cheese frosting and 18g protein. Perfect for Valentine's Day or any special occasion.

18g	165	16g	5g	1g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 25 min | Yield: 12 cookies | Difficulty: Medium

INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 15g unsweetened cocoa powder
- 3g baking powder
- 2g salt
- 85g Greek yogurt
- 60g maple syrup
- 1 large egg
- 10ml red food coloring
- 5g vanilla extract
- 60g white 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 powder, and salt.
- Mix Wet**
Combine Greek yogurt, maple syrup, egg, food coloring, and vanilla.
- Combine**
Add wet to dry and mix until combined. Fold in white chocolate chips.
- Shape**
Scoop 12 portions onto baking sheet. Flatten slightly.
- Bake**
Bake for 9-10 minutes until edges are set.
- Cool and Frost**
Cool completely. Optional: top with a cream cheese frosting drizzle.

SUGAR-FREE PROTEIN COOKIES

LOW-CARB

Zero added sugar protein cookies with 19g protein. Sweetened only with monk fruit and stevia for diabetic-friendly enjoyment.

19g	145	10g	7g	2g
PROTEIN	CALORIES	CARBS	FAT	FIBER

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

INGREDIENTS

- 90g almond flour
- 60g vanilla whey protein powder
- 30g oat fiber
- 3g baking soda
- 2g salt
- 85g almond butter
- 80g granulated monk fruit sweetener
- 1 large egg
- 5g vanilla extract
- 45g sugar-free chocolate chips

INSTRUCTIONS

- Preheat**
Preheat your oven to 325°F (165°C). Line a baking sheet with parchment paper.
- Mix Dry**
Whisk together almond flour, protein powder, oat fiber, baking soda, and salt.
- Mix Wet**
Combine almond butter, sweetener, egg, and vanilla until smooth.
- Combine**
Add wet to dry and mix until a dough forms. Fold in chocolate chips.
- Shape**
Scoop 12 portions onto baking sheet. Flatten to 1/2 inch thick.
- Bake**
Bake for 10-12 minutes until edges are golden.
- Cool**
Cool on baking sheet for 10 minutes. These firm up significantly as they cool.

SHOPPING LIST

Combined ingredients for all recipes in this pack

DRY GOODS

- ☐ 120g oat flour
- ☐ 3g cinnamon
- ☐ 3g baking soda
- ☐ 2g salt
- ☐ 3g cream of tartar
- ☐ 2g baking soda
- ☐ 15g cinnamon-sweetener coating (10g sweetener + 5g cinnamon)
- ☐ 3g baking powder
- ☐ 15g unsweetened cocoa powder
- ☐ 90g almond flour
- ☐ 30g oat fiber

PROTEINS & DAIRY

- ☐ 60g vanilla whey protein powder
- ☐ 1 large egg
- ☐ 85g Greek yogurt

NUT BUTTERS & OILS

- ☐ 30g coconut oil, melted
- ☐ 85g coconut oil, softened
- ☐ 85g almond butter

SWEETENERS

- ☐ 60g maple syrup
- ☐ 80g granulated sweetener
- ☐ 80g granulated monk fruit sweetener
- ☐ 45g sugar-free chocolate chips

EXTRAS

- ☐ 5g ground ginger
- ☐ 2g nutmeg
- ☐ 1g cloves
- ☐ 60g molasses
- ☐ 5g vanilla extract
- ☐ 5g pumpkin pie spice
- ☐ 170g pumpkin puree (not pie filling)
- ☐ 10ml red food coloring
- ☐ 60g white chocolate chips

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.