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THE PEANUT BUTTER LOVERS PACK

All the PB Recipes You Need

For the true peanut butter enthusiast. Rich, nutty, and packed with protein.

4

MACRO-VERIFIED RECIPES

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proteincookies.com

WHATS INSIDE

1. Peanut Butter Protein Cookies

24g protein | 185 cal | 18 min

2. Chocolate Peanut Butter Protein Cookies

22g protein | 185 cal | 24 min

3. No-Bake Protein Cookies

18g protein | 155 cal | 15 min

4. Monster Protein Cookies

20g protein | 195 cal | 24 min

ALSO INCLUDED:

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

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.

CHOCOLATE PEANUT BUTTER PROTEIN COOKIES

DESSERT

The ultimate combo of chocolate and peanut butter with 22g protein. Fudgy chocolate base with a peanut butter swirl.

22g	185	14g	9g	3g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 24 min | Yield: 12 cookies | Difficulty: Easy

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. 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**
Combine almond butter, maple syrup, egg, and vanilla until smooth.
- 4. Combine**
Add wet to dry and mix until a dough forms.
- 5. Shape**
Scoop 12 portions onto baking sheet. Make a small indent in each.
- 6. Add Swirl**
Add 1/2 teaspoon peanut butter to each indent. Use a toothpick to swirl.
- 7. Bake**
Bake for 10-12 minutes until edges are set.
- 8. Cool**
Cool on baking sheet for 5 minutes before transferring.

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.

MONSTER PROTEIN COOKIES

CLASSIC

Loaded monster cookies with oats, peanut butter, chocolate, and M&Ms with 20g protein. A protein-packed version of the classic.

20g	195	20g	8g	3g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 24 min | Yield: 12 cookies | Difficulty: Easy

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

- 1. Preheat**
Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2. Mix Dry**
Combine oats, protein powder, baking soda, and salt.
- 3. Mix Wet**
In another bowl, mix peanut butter, maple syrup, egg, and vanilla until smooth.
- 4. Combine**
Add wet to dry and mix. Fold in chocolate chips and half the M&Ms.
- 5. Shape**
Scoop 12 portions onto baking sheet. Press remaining M&Ms on top.
- 6. Bake**
Bake for 10-12 minutes until edges are set.
- 7. Cool**
Cool on baking sheet for 5 minutes before transferring.

SHOPPING LIST

Combined ingredients for all recipes in this pack

DRY GOODS

- ☐ 3g baking soda
- ☐ 90g oat flour
- ☐ 25g unsweetened cocoa powder
- ☐ 2g salt
- ☐ 90g rolled oats
- ☐ 30g unsweetened cocoa powder

PROTEINS & DAIRY

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

NUT BUTTERS & OILS

- ☐ 256g natural peanut butter
- ☐ 85g almond butter
- ☐ 64g natural peanut butter (for swirl)
- ☐ 128g natural peanut butter

SWEETENERS

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

EXTRAS

- ☐ 2g vanilla extract
- ☐ 5g vanilla extract
- ☐ 3g vanilla extract
- ☐ 30g chocolate chips
- ☐ 30g M&M candies

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.