

**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.

**3**

MACRO-VERIFIED RECIPES

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# 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

### 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.

# 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

### 1. Heat-Treat Flour

If not using pre-treated flour, microwave oat flour for 1 minute, stirring halfway, to kill any bacteria.

### 2. Mix Dry

In a large bowl, combine oat flour, protein powder, and salt.

### 3. Add Wet

Add almond butter, maple syrup, almond milk, and vanilla. Mix until a dough forms.

### 4. Add Chips

Fold in mini chocolate chips.

### 5. Shape

Roll into 24 small balls. Place on a parchment-lined tray.

### 6. 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

### 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.

# 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**

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