

**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**

PROTEIN

**150**

CALORIES

**17g**

CARBS

**4g**

FAT

**1g**

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

### 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, ginger, cinnamon, nutmeg, cloves, baking soda, and salt.

### 3. Mix Wet

Combine molasses, maple syrup, egg, and melted coconut oil.

### 4. Combine

Add wet to dry and mix until a soft dough forms.

### 5. Chill

Refrigerate dough for 15 minutes for easier handling.

### 6. Shape

Roll into 14 balls and place on baking sheet. Flatten slightly.

### 7. Bake

Bake for 9-10 minutes until edges are set but centers are soft.

### 8. Cool

Cool on baking sheet for 5 minutes. Optional: decorate with icing.

# SNICKERDOODLE PROTEIN COOKIES

## CLASSIC

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

20g

160

14g

5g

1g

PROTEIN

CALORIES

CARBS

FAT

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**

PROTEIN

**145**

CALORIES

**16g**

CARBS

**4g**

FAT

**2g**

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**

PROTEIN

**165**

CALORIES

**16g**

CARBS

**5g**

FAT

**1g**

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

### 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 powder, and salt.

### 3. Mix Wet

Combine Greek yogurt, maple syrup, egg, food coloring, and vanilla.

### 4. Combine

Add wet to dry and mix until combined. Fold in white chocolate chips.

### 5. Shape

Scoop 12 portions onto baking sheet. Flatten slightly.

### 6. Bake

Bake for 9-10 minutes until edges are set.

### 7. 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

### 1. Preheat

Preheat your oven to 325°F (165°C). Line a baking sheet with parchment paper.

### 2. Mix Dry

Whisk together almond flour, protein powder, oat fiber, baking soda, and salt.

### 3. Mix Wet

Combine almond butter, sweetener, egg, and vanilla until smooth.

### 4. Combine

Add wet to dry and mix until a dough forms. Fold in chocolate chips.

### 5. Shape

Scoop 12 portions onto baking sheet. Flatten to 1/2 inch thick.

### 6. Bake

Bake for 10-12 minutes until edges are golden.

### 7. 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.

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