

PROTEINCOOKIES.COM

THE KIDS LUNCHBOX PACK

Kid-Approved Protein Cookies

Healthy cookies kids will actually eat. Perfect for school lunches and snacks.

4

MACRO-VERIFIED RECIPES

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proteincookies.com

WHATS INSIDE

1. Protein Cookies for Kids

12g protein | 130 cal | 20 min

2. Birthday Cake Protein Cookies

19g protein | 165 cal | 20 min

3. Chocolate Chip Protein Cookies

21g protein | 165 cal | 22 min

4. 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

PROTEIN COOKIES FOR KIDS

KIDS

Kid-approved protein cookies with 12g protein and no artificial sweeteners. Perfect for lunchboxes and after-school snacks.

12g	130	16g	4g	2g
PROTEIN	CALORIES	CARBS	FAT	FIBER

Time: 20 min | Yield: 16 cookies | Difficulty: Beginner

INGREDIENTS

- 150g oat flour
- 45g vanilla whey protein powder
- 3g baking soda
- 1g salt
- 170g mashed ripe banana
- 60g honey
- 30g coconut oil, melted
- 5g vanilla extract
- 45g mini 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, baking soda, and salt.
- 3. Mix Wet**
Mash banana until smooth. Add honey, coconut oil, and vanilla. Mix well.
- 4. Combine**
Add wet to dry and mix until combined. Fold in chocolate chips.
- 5. Shape**
Scoop 16 small portions onto baking sheet.
- 6. Bake**
Bake for 9-10 minutes until edges are golden.
- 7. Cool**
Cool completely before packing in lunchboxes.

BIRTHDAY CAKE PROTEIN COOKIES

DESSERT

Festive funfetti-style protein cookies with 19g protein. Loaded with sprinkles and cake batter flavor for a celebration-worthy treat.

19g

PROTEIN

165

CALORIES

16g

CARBS

5g

FAT

1g

FIBER

Time: 20 min | Yield: 12 cookies | Difficulty: Easy

INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 3g baking powder
- 2g salt
- 85g Greek yogurt
- 60g maple syrup
- 30g coconut oil, melted
- 5g vanilla extract
- 3g butter extract (optional)
- 40g rainbow sprinkles

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, baking powder, and salt.
- 3. Mix Wet**
In another bowl, combine Greek yogurt, maple syrup, coconut oil, vanilla, and butter extract.
- 4. Combine**
Add wet to dry and mix until combined. Gently fold in sprinkles.
- 5. Shape**
Scoop 12 portions onto the baking sheet. Flatten slightly.
- 6. Bake**
Bake for 9-10 minutes until edges are just set. Do not overbake.
- 7. Decorate**
Press additional sprinkles on top while still warm. Cool completely.

CHOCOLATE CHIP PROTEIN COOKIES

CLASSIC

Classic soft and chewy chocolate chip cookies loaded with protein. These macro-verified cookies deliver 21g protein per serving while tasting like the real thing.

21g	165	14g	6g	2g
PROTEIN	CALORIES	CARBS	FAT	FIBER

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

INGREDIENTS

- 120g oat flour
- 60g vanilla whey protein powder
- 3g baking soda
- 2g salt
- 115g almond butter
- 80g maple syrup
- 1 large egg
- 5g vanilla extract
- 60g dark chocolate chips

INSTRUCTIONS

- Preheat and Prep**
 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.
- Mix Dry Ingredients**
 In a large bowl, whisk together the oat flour, protein powder, baking soda, and salt until well combined.
- Combine Wet Ingredients**
 In a separate bowl, mix the almond butter, maple syrup, egg, and vanilla extract until smooth.
- Form Dough**
 Pour the wet ingredients into the dry and stir until just combined. Fold in the chocolate chips. Do not overmix.
- Shape and Bake**
 Scoop 12 equal portions of dough onto the prepared baking sheet. Flatten slightly with your palm. Bake for 10-12 minutes until edges are golden but centers look slightly underdone.
- Cool**
 Let cookies cool on the baking sheet for 5 minutes before transferring to a wire rack. They will firm up as they cool.

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

- ☐ 150g oat flour
- ☐ 3g baking soda
- ☐ 1g salt
- ☐ 120g oat flour
- ☐ 3g baking powder
- ☐ 2g salt

PROTEINS & DAIRY

- ☐ 45g vanilla whey protein powder
- ☐ 60g vanilla whey protein powder
- ☐ 85g Greek yogurt
- ☐ 1 large egg
- ☐ 2 large eggs

NUT BUTTERS & OILS

- ☐ 30g coconut oil, melted
- ☐ 3g butter extract (optional)
- ☐ 115g almond butter
- ☐ 256g natural peanut butter

SWEETENERS

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

EXTRAS

- ☐ 170g mashed ripe banana
- ☐ 5g vanilla extract
- ☐ 45g mini chocolate chips
- ☐ 40g rainbow sprinkles
- ☐ 60g dark 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.