

## Real-Tasting 10-Gram Protein Cookies

Yield: 12 cookies

Protein: ~10 g each

### Ingredients

- 1½ cups whey protein powder (vanilla or unflavored)
- ¾ cup oat flour (or finely ground oats)
- ½ tsp baking powder
- Pinch salt
- ⅓ cup butter, melted (or coconut oil)
- ½ cup brown sugar or coconut sugar
- 1 large egg
- 2–4 Tbsp milk (as needed)
- 1 tsp vanilla
- Optional: ⅓ cup chocolate chips

### Instructions

1. Preheat oven to 350°F (175°C). Line baking sheet.
2. Whisk protein powder, oat flour, baking powder, and salt.

3. In another bowl mix melted butter and sugar until smooth.
4. Add egg and vanilla; mix well.
5. Stir dry ingredients into wet ingredients. Add milk 1 Tbsp at a time until a soft cookie dough forms.
6. Fold in chocolate chips if using.
7. Scoop 12 cookies and flatten slightly.
8. Bake 9–11 minutes until edges are lightly golden.
9. Cool completely — texture improves as they set.

Approx macros (per cookie)

- ~140 kcal
- ~10 g protein
- ~12 g carbs
- ~6 g fat

Why this one works

- Oat flour gives real-cookie chew (not chalky)
- Butter restores classic cookie flavor
- Slight brown sugar keeps them soft instead of dry