

PROTEIN SINGLE SERVE COOKIE

Serves 1

INGREDIENTS

- 3 Tbls. favorite protein powder
- 2 Tbls. unsweetened peanut butter
- ½ - 1 ½ Tbls. liquid sweetener of choice*
- 1 Tbls. water
- ¼ tsp. vanilla
- 1/16 tsp. baking soda
- 1/16 tsp. sea salt
- Handful favorite mixins: chocolate chips, walnuts, coconut flakes, etc.



INSTRUCTIONS

1. Preheat oven to 350F and line a baking sheet with parchment.
2. Mix all ingredients together until well mixed. Place onto baking sheet and form into cookie shape. Bake 7-8 min. Cookie firms up as it cools so let cool before eating.
3. Add a little sprinkle of sea salt before eating for extra flavor.

NOTES

- Amount of sweetener will vary based on if your protein powder is sweetened. We like allulose, liquid monkfruit or coconut nectar.
- Other ideas for flavorings: use chocolate protein powder for choco-choco, add raisins and cinnamon for oatmeal raisin, replace peanut butter with pecan butter or cashew butter, use white chocolate chips & macadamia nuts.