

Zucchini Bread Recipes

Protein Cookie Dough Recipe

5 min	5 min	4
Prep time	Total time	Servings

American
Cuisine

Ingredients

Cookie Dough Base

- [ ] 1/2 cup vanilla protein powder
- [ ] 1/2 cup almond flour
- [ ] 2 tablespoons pure maple syrup
- [ ] 3 tablespoons creamy almond butter
- [ ] 1-2 tablespoons almond milk (as needed)
- [ ] 1 teaspoon vanilla extract
- [ ] Pinch of sea salt

Mix-Ins

- [ ] 1/4 cup mini chocolate chips
- [ ] Optional: 2 tablespoons chopped nuts or dried fruit

Instructions

1. In a medium mixing bowl, combine the vanilla protein powder, almond flour, and sea salt. Use a whisk to blend them together thoroughly – this ensures no clumps and even distribution. The aroma of the almond flour mixing with the vanilla scent is just... comforting, you know?

2. Add the almond butter, maple syrup, and vanilla extract to the dry ingredients. Using a spatula or your hands, mix until a crumbly dough forms. Honestly, I prefer using my hands – you can feel the texture better, know when it's coming together right. If it seems too dry, add almond milk one teaspoon at a time until it holds together.

3. Gently fold in the chocolate chips until they're evenly distributed throughout the dough. Don't overmix – you want those chocolate pockets to stay intact. The dough should be slightly sticky but firm enough to hold its shape when pressed together.

4. Let the dough rest for 5 minutes – this allows the almond flour to fully hydrate and the flavors to meld. Then portion into small balls or scoop with a cookie scoop. Enjoy immediately, or refrigerate for a firmer texture. Sometimes I'll roll them in shredded coconut for extra crunch.

Nutrition per serving

180 kcal	15 g	12 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Store in an airtight container in the refrigerator for up to 5 days
- For a chocolate version, use chocolate protein powder and add extra chocolate chips
- Add a tablespoon of cocoa powder for double chocolate flavor
- Freeze individual portions for up to 3 months – perfect for cravings