

# Recipe of the Month:

## Chocolate & Peanut Butter Protein Cookies

### MACROS/NUTRITION:

Per cookie (out of six)

**Calories:** 93kcal

**Protein:** 8g

**Carbs:** 5g

**Fat:** 5g

### INGREDIENTS:

1/8 cup cocoa powder

3/8 cup unflavored pea or casein protein powder

1/8 cup of coconut sugar

1 tbsp crunchy peanut butter

1 tbsp coconut oil

1/2 cup cartoned coconut (or almond) milk



### DIRECTIONS:

1. Blend all ingredients together until you get a paste (food processor helps).
2. Shape into 6 equal balls and flatten onto a paper-lined cookie tray.
3. Bake 320 F for about 20 minutes or until cookies are cooked through. Do NOT overbake them. It's best to take them out while the center is still soft.

### NOTE:

The ONLY thing I don't recommend using is whey because whey won't work with these cookies (wrong texture and consistency). If you choose to disregard this and end up using whey anyways, you'll end up disappointed: your dough won't be dough – it'll be a wet mush of sadness. Your cookies will also look more like rubberized flat pancakes. So stick to either casein.

For more recipes like this one go to [ProteinPow.com](http://ProteinPow.com) – Anna Sward has changed the way we cook!