



## Healthy Peanut Butter Protein Cookies\*

Prep: 10 m

Cook: 10-15 m

Ready In: 20-25 m

### INGREDIENTS

- 3/4 cup peanut butter (crunchy or smooth)
- 1/4-1/2 cup coconut sugar or brown sugar  
*Use 1/4 cup if you don't like things super sweet; adjust to your tastes. If you're using a sweetened protein powder you may only want to use 1/4 cup.*
- 1 egg
- 2 tsp vanilla extract
- 2 tbsp milk
- 1/2 cup + 1 tbsp brown rice protein powder (\*\*see notes for alternatives)
- 2 tbsp ground flaxseed

### DIRECTIONS

1. Preheat oven to 350F
2. Line two to three baking sheets with parchment paper or foil and set aside.
3. In a mixing bowl, mix together your peanut butter (if peanut butter is really solid, melt a bit) with sugar, egg and vanilla until combined. Gradually stir in milk, mixing until smooth.
4. Mix in protein powder and flaxseed meal, mixing until all of ingredients are combined.
5. Scoop mixture out into tablespoon sized balls and flatten onto lined baking sheets. These cookies won't spread while baking so you'll want to flatten them out. If desired, make a crisscross pattern using a slightly wet fork (this stops the cookies from sticking to the fork! Just dip it in water and then press)
6. Bake cookies for 10-12 minutes or until edges are lightly golden. The cookies will firm up once cool, however, if you want them crunchy bake them for 15 minutes.
7. Allow to cool before serving. Once cooled completely, store in an airtight container at room temperature for 2-3 days.

(\*\*See notes and reference on next page.)



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\*\*Brown rice protein powder gives the best results when baking, but you can also try using your favorite protein powder. Note every protein powder is different in terms of weight, so be sure to measure it by the cup!

\*From Southern-In-Law <http://www.southerninlaw.com/2015/06/healthy-peanut-butter-protein-cookies-recipe.html>