



## Protein Cookie Dough

31G Protein Per Serving | 277 Calories | 5 Minutes | 1 Serving

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### *Ingredient List*

- 1 scoop vanilla protein powder
- 2 tbsp powdered peanut butter (PB2)
- 1-2 tbsp fat-free milk
- 1 tsp flour
- 2 tsp zero-calorie brown sugar or 2 tsp honey (*it will add 40 calories*)
- 2 tsp butter
- 1 tsp sugar-free chocolate chips
- 1/8 tsp vanilla extract

### *Cooking Instructions*

1. Add 1 tbsp of flour on a plate. Microwave for two or three 30 second intervals. Set aside.
2. To a mug or bowl, add the butter, brown sugar, vanilla extract, and milk. Microwave for 30 seconds and stir well.
3. Add the powdered peanut butter to the butter and stir. Then add the flour and mix until well combined.

4. Add the protein powder and stir until the mix stiffens. Add more milk or flour to your liking.
5. Now add your chocolate chips. Give the dough a final mix and enjoy!
  - Optionally let it rest in the fridge and add a little more milk to get it back to your desired consistency.

## MACROS

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● Fat	12g
● Carbs	9g
● Protein	31g