



tasty - simple -
wholesome





DOUBLE CHOCOLATE & PEANUT PROTEIN COOKIES



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MAKES: 14 SERVINGS

PREP TIME: 5 MINS

COOK TIME: 12 MINS

BREAKDOWN

PER SERVING: CALORIES 112

CARBS	8.2 G	PROTEIN	5.3 G
FIBRE	0.2 G	FATS	5.8 G

INGREDIENTS

- 140g Smooth peanut butter
- 60g Golden caster sugar
- 1 Large free range egg
- 1 Large free range egg (white only)
- 0.25 tsp bicarbonate of soda
- 20g White chocolate chips
- 0.5 tsp Vanilla extract
- 40g Diet whey chocolate protein powder
- 30g Plain flour

INSTRUCTIONS

- Line a couple of baking trays with grease proof paper and pre-heat the oven to 180 degrees.
- Add the dry ingredients (sugar, bicarbonate of soda, protein powder, chocolate chips and flour) to a bowl, mix well and set aside.
- Mix together all the remaining ingredients in another bowl and then add to the dry ingredients.
- You'll end up with quick a stiff mixture which is right. Take a teaspoon of this mixture and roll in to a ball. Place on the baking tray and then flatten (the cookies will stay the size you push them out to).
- Bake for 10 - 12 minutes until the edges are golden brown. Be careful not to overbake - they won't be a nice texture!!

