

# No Bake Protein Cookies



**Makes:** 17 cookies      **Serving Size:** 1 cookie

## Nutritional Facts (per serving):

90 calories, 10g carbohydrates, 4g protein, 5g fat

### Ingredients

- 2 cups old fashioned rolled oats
- 1 scoop (21 grams) vanilla or chocolate protein powder
- ½ cup creamy natural peanut butter, look for one that's thin/drippy
- ½ cup almond milk
- 1 mashed banana, or ¼ cup maple syrup
- 2 tablespoons cocoa powder
- ½ teaspoon vanilla
- ⅛ teaspoon sea salt

### Directions

1. Combine oats and protein powder in a medium sized mixing bowl. Stir until there's a nice dusting of protein powder over all the oats.
2. Place almond milk, peanut butter, banana or maple syrup, cocoa powder, and sea salt in a saucepan and cook over medium-low heat, stirring often until cocoa powder is completely dissolved and the sauce has thickened. Take the pan off the heat and stir in vanilla. Pour peanut butter chocolate mixture over oats/protein powder and mix until all pieces of the oatmeal are covered.
3. Place batter in the fridge for 10 minutes to let the batter set up – this step is optional, but the cookies will be cool and much easier to shape if you do it.
4. Drop chilled dough by spoonfuls on a baking sheet lined with parchment paper, using hands to work cookies into desired shape.
5. Enjoy immediately or store them in the refrigerator for up to one week or in the freezer for longer storage.