



Long Livo

Best Protein Cookies Recipe

10 min

Prep time

12

Servings

12 min

Cook time

Easy

Difficulty

22 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup vanilla whey protein powder
- ☐ 1 ripe banana, mashed
- ☐ 1 cup rolled oats
- ☐ 1/2 cup dark chocolate chips
- ☐ 1 tsp vanilla extract
- ☐ Pinch of sea salt

Instructions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment or a silicone mat.
- 2 In a large bowl, combine the protein powder, oats, and sea salt; stir gently.
- 3 In another bowl, mash the banana until smooth, then mix in vanilla extract.
- 4 Pour the wet banana mixture into the dry ingredients; fold until just combined.
- 5 Fold in the chocolate chips, being careful not to over-mix.
- 6 Scoop rounded tablespoons onto the prepared sheet, spacing 2 inches apart.
- 7 Bake for 10–12 minutes, until the edges turn light gold; the centers should still look soft.
- 8 Allow cookies to cool on the sheet for 5 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

150 kcal

Calories

10 g

Protein

18 g

Carbs

5 g

Fat

Tips & notes

- If the dough feels too dry, add a splash of milk or plant-based milk.
- For extra chew, sprinkle a tiny drizzle of honey before baking.
- These cookies freeze well; reheat briefly in a toaster oven for a fresh-out feeling.