



Long Livo

Easy Protein Oatmeal Cookies

15 min

Prep time

12

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 ½ cups rolled oats
- ☐ ½ cup vanilla whey protein powder
- ☐ ¼ cup almond butter, softened
- ☐ ¼ cup honey
- ☐ 1 egg, lightly beaten

- ☐ ¼ tsp salt
- ☐ ½ tsp baking soda
- ☐ 1 tsp cinnamon
- ☐ 1 tsp lemon zest

Optional Mix-ins

- ☐ ½ cup dried cranberries
- ☐ ¼ cup chopped walnuts

Instructions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, whisk together rolled oats, protein powder, baking soda, salt, cinnamon, and lemon zest.
- 3 In another bowl, blend almond butter and honey until smooth; whisk in the egg.
- 4 Combine wet and dry mixtures, stirring just until incorporated. Fold in any optional mix-ins.
- 5 Scoop tablespoon-sized balls onto the sheet, flatten slightly, and bake for 10-12 minutes until edges turn golden.
- 6 Allow cookies to cool on the baking sheet for five minutes before transferring to a wire rack.

Nutrition per serving

160 kcal

Calories

9 g

Protein

18 g

Carbs

7 g

Fat

Tips & notes

- If the dough feels too sticky, chill for 10 minutes before shaping.
- For a vegan version, replace egg with a flax egg and use plant-based protein.
- Adding a pinch of sea salt on top before baking enhances flavor depth.