



Long Livo

Protein Greek Yogurt Cookies – Soft & Chewy

15 min

Prep time

12

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup Greek yogurt (full-fat)
- ☐ ½ cup honey
- ☐ 1 tsp vanilla extract
- ☐ 1 cup rolled oats

- ☐ ½ cup vanilla protein powder

- ☐ 1 tsp lemon zest

- ☐ ¼ tsp sea salt

Optional Add-Ins

- ☐ ½ cup dark chocolate chips

- ☐ 2 tbsp chopped almonds

Instructions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, whisk together the Greek yogurt, honey, vanilla, and lemon zest until smooth.
- 3 Add the oats, protein powder, and sea salt; stir gently until just combined. If you like, fold in chocolate chips or almonds now.
- 4 Scoop rounded tablespoons onto the prepared sheet, spacing them about 2 inches apart.
- 5 Bake for 10-12 minutes, until the edges are lightly golden but the centers still look soft.
- 6 Allow the cookies to cool on the sheet for 5 minutes, then transfer to a wire rack. Enjoy warm or store.

Nutrition per serving

150 kcal

Calories

8 g

Protein

20 g

Carbs

4 g

Fat

Tips & notes

- If the dough feels too sticky, refrigerate for 10 minutes before shaping.
- For extra chew, substitute half the oats with oat flour.
- A drizzle of extra honey after baking adds a glossy finish.