

Choco Fever Dream

Easy Protein Oatmeal Cookies

15 min Prep time	**12 min** Cook time	**27 min** Total time
12 Servings	**Easy** Difficulty	**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	9 g	18 g	7 g
Calories	Protein	Carbs	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.