

## HFN Peanut Butter Protein Cookies Recipe (Low-Carb Fitness Dessert)



### Nutrition Facts

Amount Per Cookie

<b>Calories</b>	83 kcal
<b>Protein</b>	9.7g
<b>Carbohydrate</b>	1.4g
<b>Fat</b>	4.1g
<b>Dietary Fiber</b>	0.6g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients (10 Cookies):

- 2 Eggs
- 60g Peanut Butter (Myprotein)
- 80g Whey Protein (White Chocolate)
- Vanilla

### Preparation:

Preheat the oven to 200° Celsius for about 10 minutes. Put two whole eggs into a bowl. Add Whey Protein and mix it. Add Peanut Butter and Vanilla and mix it with a fork. Put a baking paper on a baking sheet and spread a bit of olive oil.



Use a tablespoon to form about 10 balls with a size of a table tennis ball and put it on the baking sheet. Flatten the balls with a fork. Put the baking sheet into the oven for about 6-7 minutes at 175° Celsius. The outside of the protein cookies is crispy and inside they are fluffy. One cookie contains 83 calories and 9.7g of protein.

Check out our [Calorie Calculator](#) to get to know your daily calorie intake to gain muscle or lose fat.

Enjoy and stay fit!