



Cottage Cheese Cookie Dough

Description

This edible cottage cheese cookie dough recipe is a great way to enjoy a high protein treat with simple ingredients.

This edible cottage cheese cookie dough is the ultimate protein-packed dessert! It's gluten-free, egg-free, naturally sweetened.

First created by Jake Cohen, this recipe has gone viral on social media and is getting it's well-deserved spotlight.

PREPARATION TIME:

PREP TIME : 5 minutes

TOTAL TIME : 5 minutes

Ingredients:

- 1 cup cottage cheese
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 3/4 cup almond flour
- 1 1/2 scoops vanilla protein powder
- 2 tbsp mini chocolate chips

Instructions:

1. In a blender add the cottage cheese, maple syrup and vanilla extract. Blend until smooth.
2. Add the cottage cheese mixture to a medium size bowl. Then add the almond flour and protein powder. Mix until combined.
3. Fold in the chocolate chips. Optional " top with flakey sea salt. Enjoy!

Notes:

I used PEScience Gourmet Vanilla Protein Powder â€“ use code BAILEY at checkout to save \$\$ on all products.

Can use 2-4 tbsp chocolate chips depending on preference.

Nutrition Information

SERVING SIZE: 1

Amount Per Serving: CALORIES: 272 TOTAL FAT: 15g SATURATED FAT: 3g TRANS

FAT: 0g UNSATURATED

FAT: 10g CHOLESTEROL: 11mg SODIUM: 219mg CARBOHYDRATES: 17g FIBER: 3g SUGAR: 1

Category

1. High Protein Recipes

Date

13/12/2024

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