



AI-Powered Baking From Scratch



Oatmeal Protein Cookies

Ingredients:

- 1 cup (2 sticks) salted butter, at room temperature
 - $\frac{3}{4}$ Cup brown sugar
 - $\frac{1}{2}$ Cup granulated sugar
 - 2 large eggs
 - 1 $\frac{1}{2}$ tsp vanilla extract
- 1 Cup all-purpose flour
- 2 scoops I Heart Macros Vanilla Cream protein powder
 - 1 tsp baking soda
 - 1 tsp cinnamon
 - $\frac{1}{2}$ tsp salt
- 3 Cups old-fashioned rolled oats
- OPTIONAL ADDITIONS: $\frac{1}{2}$ cup dried cranberries (or raisins), $\frac{1}{2}$ cup pecans, and/or $\frac{1}{2}$ cup chocolate chips
- OPTIONAL FLAVORING ADDITIONS: $\frac{1}{2}$ tsp nutmeg or $\frac{1}{2}$ tsp allspice

Instructions:

1. **Preheat** the oven to 350°F (150°C).
2. **Mix Wet Ingredients:** In a large bowl or a mixer, cream the softened butter, granulated sugar, and brown sugar. Add the eggs (one at a time) and vanilla; mix together until light and fluffy.
3. **Dry Ingredients:** In a small bowl, whisk or sift protein powder, flour, salt, cinnamon, baking soda, then add to wet ingredients in $\frac{1}{2}$ cup to $\frac{3}{4}$ cup increments. Add oats and/or any additions. Refrigerate for 10 minutes prior to scooping in 1 tbsp portions onto cookie sheet.
4. **Prepare the Cookie Sheet:** Bake for 10 to 12 minutes, or until the edges are lightly golden. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

Macros (average batch of 38 cookies) per cookie:

Carbs: 15.7 g

Fat 6.4 g

Protein: 3.8 g

Calories: 134 per cookie