



Gingerbread Protein Cookies

12 servings

20 minutes

Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

Nutrition

Amount per serving	
Calories	118
Fat	6g
Carbs	11g
Fiber	2g
Sugar	6g
Protein	6g
Cholesterol	16mg
Sodium	54mg
Vitamin A	23IU
Vitamin C	0mg
Calcium	80mg
Iron	1mg
Vitamin D	3IU
Vitamin E	0mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
- 3 Add wet ingredients to the dry ingredients and mix until a dough forms.
- 4 Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
- 5 Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

Notes

No Cookie Cutter: Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

Protein Powder: This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.