150+ Protein Cookie Recipes

Sugar-Free & Gluten-Free

Delicious, wholesome and packed with protein



VOLUME 1

Volume 1

Recipes 1 to 50

Welcome to this collection of sugar-free, gluten-free protein cookies. Here you'll find recipes designed for more nutritious, delicious cookies with more protein — ideal for enjoying at home or creating standout products to sell.

🍪 Sugar-Free

Natural baking sweeteners with no glycemic impact

🌾 Gluten-Free

Alternative flours and certified gluten-free oats

💪 High in Protein

Every cookie delivers real, measured protein

🏠 Easy at Home

Easy-to-find ingredients, simple prep

RECIPE 01

Intense Chocolate Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- ⅓ cup (65 g) erythritol, xylitol or an equivalent baking sweetener
- 1 egg
- 2 tbsp melted coconut oil

- 2 tbsp plant milk or lactose-free milk

- ½ tsp baking powder
- 1 pinch of salt
- ⅓ cup (60 g) sugar-free chocolate chips, optional

💪 **Yield and Protein**
Makes: 10 medium cookies
Protein per batch: ~70 g
Protein per cookie: ~7 g
Based on a protein powder with ~24 g per 30 g scoop.

👨‍🍳Directions

Mix the almond flour, protein powder, cocoa, sweetener, baking powder and salt.
Add the egg, melted coconut oil and plant milk. Mix with a spatula until you get a moist, firm, slightly sticky dough. If the dough is too dry, add an extra tablespoon of plant milk. If it's too soft, add a little more almond flour. Fold in the sugar-free chocolate chips. Roll into medium balls, place them on a parchment-lined baking sheet and flatten slightly. Bake in a preheated oven at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set edges, slightly soft center. They firm up as they cool and stay moist inside.

💡 Tips

Use 100% pure cocoa and an extra pinch of salt to intensify the chocolate. Whey protein gives a softer texture; with plant protein, add more liquid.

🧊Storage

Airtight for up to 4 days at room temperature, 7 days refrigerated, 30 days frozen.

RECIPE 02

Vanilla Almond Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ¼ cup (50 g) sugar-free baking sweetener
- 1 egg
- 2 tbsp almond butter or almond paste
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- ½ tsp baking powder
- ¼ cup (30 g) chopped almonds
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~76 g

Protein per cookie: ~7.6 g

👨‍🍳Directions

In a bowl, combine the almond flour, vanilla protein, sweetener, baking powder and salt. Mix the dry ingredients well to avoid protein lumps. Add the egg, almond butter, coconut oil and vanilla extract. Mix until you get an even dough. Add the chopped almonds and mix again. Scoop portions with a spoon, roll into balls and gently flatten them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 11 to 14 minutes, until the edges are lightly golden.

✅Perfect Doneness

Golden at the edges and pale in the center. Firm outside, soft inside with little crunchy pieces of almond.

💡 Tips

Don't overbake.
Press sliced almonds on top before baking for a prettier finish.

🧊Storage

Airtight for up to 5 days at room temperature, 8 days refrigerated.

RECIPE 03

Peanut Butter Chocolate Protein Cookies

🥣Ingredients

- ¾ cup (190 g) natural peanut butter
- ½ cup (50 g) vanilla or chocolate protein powder
- 1 egg
- ¼ cup (50 g) baking sweetener
- 2 tbsp coconut flour
- ½ tsp baking powder
- 1 tsp vanilla extract
- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~83 g

Protein per cookie: ~8.3 g

👨‍🍳Directions

Mix the peanut butter with the egg and vanilla extract until creamy. Add the protein powder, coconut flour, sweetener, baking powder and salt. Mix well until you get a firm dough. Coconut flour absorbs a lot of moisture, so wait 2 minutes before deciding whether it needs more liquid. If it's too dry, add a tablespoon of plant milk. Fold in the chopped chocolate. Roll into balls, place them on the baking sheet and press lightly with a fork for a rustic look. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Set at the edges, center a little soft. Once cool: dense, creamy and slightly crisp outside.

💡 Tips

Use 100% natural peanut butter, with no sugar or hydrogenated oils.
Top with chopped chocolate for a premium version.

🧊Storage

4 days at room temperature, 10 days refrigerated, 45 days frozen.

RECIPE 04

Coconut Lemon Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ⅓ cup (25 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- Zest of 1 lemon
- 1 tbsp lemon juice
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~72 g

Protein per cookie: ~7.2 g

👨‍🍳Directions

In a bowl, mix the almond flour, protein, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil, lemon zest and lemon juice. Mix into a moist, fragrant dough. If the dough is too dry, add a tablespoon of plant milk. Roll into small or medium balls and flatten gently. Place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes, making sure they don't brown too much.

✅Perfect Doneness

Barely golden on the bottom and edges. Soft center to keep the fresh lemon-coconut feel.

💡 Tips

Use only the green/yellow part of the peel. Sprinkle shredded coconut on top before baking for a prettier look.

🧊Storage

4 days at room temperature, 7 days refrigerated (firmer texture).

RECIPE 05

Banana Cinnamon Protein Cookies

🥣Ingredients

- 1 medium ripe banana
- ½ cup (50 g) vanilla protein powder

- ¾ cup (70 g) certified gluten-free oat flour
- 1 egg
- 2 tbsp peanut or almond butter

- 1 tsp ground cinnamon
- ½ tsp baking powder
- 2 tbsp baking sweetener, optional

- 1 pinch of salt
- ¼ cup (30 g) chopped walnuts, optional

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~66 g

Protein per cookie: ~6.6 g

👨‍🍳Directions

Mash the banana with a fork into a puree. Add the egg and peanut butter and mix well. Add the protein powder, gluten-free oat flour, cinnamon, baking powder, salt and sweetener, if using. Mix into a dough that's softer than a traditional cookie dough. Gently fold in the chopped walnuts. Drop spoonfuls onto a parchment-lined baking sheet. Flatten each one slightly. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist and fragrant. Firm surface and lightly golden bottom. Not as crisp because of the banana's natural moisture.

💡 Tips

Use a very ripe banana for more natural sweetness. For a firmer texture, add an extra tablespoon of gluten-free oat flour.

🧊Storage

Refrigerated up to 5 days. Frozen up to 30 days.

RECIPE 06

Coffee Chocolate Protein Cookies

🥣 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate or vanilla protein powder
- 1 tbsp instant coffee
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp coconut oil or ghee

- ⅓ cup (65 g) baking sweetener
- ½ tsp baking powder
- 2 tbsp plant milk
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~71 g

Protein per cookie: ~7.1 g

👨‍🍳 Directions

Dissolve the instant coffee in the plant milk. In another bowl, mix the almond flour, protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and coffee milk. Mix until you get a firm, fragrant dough. Gently fold in the chopped chocolate. Roll into balls, flatten slightly and place them on the baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅ Perfect Doneness

Set edges and a slightly moist center. Coffee aroma straight from the oven, without being bitter.

💡 Tips

Use a quality instant espresso. Don't overdo the coffee. A premium-feeling recipe, ideal for gourmet boxes.

🧊 Storage

5 days at room temperature, 8 days refrigerated. Warm 5 seconds in the microwave to bring back the texture.

RECIPE 07

Oat, Chia & Vanilla Protein Cookies

🥣Ingredients

- 1 cup (90 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla protein powder

- 2 tbsp chia seeds
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- 3 tbsp plant milk
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~69 g

Protein per cookie: ~6.9 g

👨‍🍳Directions

Mix the chia with the plant milk and let it sit 5 minutes to hydrate slightly.
In a bowl, mix the gluten-free oat flour, protein, sweetener, baking powder and salt. Add the egg, coconut oil, vanilla extract and the hydrated chia mixture.
Mix into a compact dough. If it's too dry, add an extra tablespoon of plant milk. Roll into balls and flatten gently.
Bake at 180 °C (350 °F) for 12 to 14 minutes.

✅Perfect Doneness

Firm outside and slightly soft inside. The chia adds little crunchy, hydrated specks.

💡 Tips

Use certified gluten-free oats. A neutral, versatile recipe: add cinnamon, orange zest or chocolate chips to change it up.

🧊Storage

4 days at room temperature, 7 days refrigerated. Don't store them warm.

RECIPE 08

Pistachio Sugar-Free White Chocolate Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ¼ cup (30 g) chopped pistachios
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~74 g

Protein per cookie: ~7.4 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil and vanilla extract. Mix into a firm, moldable dough. Add the chopped pistachios and sugar-free white chocolate. Mix carefully to distribute them evenly. Shape medium cookies and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Lightly golden on the bottom and edges. Soft center, with the white chocolate slightly melted.

💡 Tips

Ideal for special, high-value boxes. If the pistachios are salted, reduce the salt. Save some pieces to press on top.

🧊Storage

5 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 09

Cocoa Hazelnut Protein Cookies

🥣Ingredients

- 1 cup (96 g) hazelnut flour or almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- ¼ cup (35 g) chopped hazelnuts
- ½ tsp baking powder
- 2 tbsp plant milk
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~73 g
Protein per cookie: ~7.3 g

👨‍🍳Directions

Mix the hazelnut flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a moist, firm dough. Fold in the chopped hazelnuts.

Roll into balls and flatten slightly. Place on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Intense cocoa and hazelnut aroma, set edges and a soft center. Lightly golden bottom, not dark.

💡 Tips

Add sugar-free hazelnut paste for a deeper flavor. Toast the hazelnuts before using for a more gourmet result.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 10

Spiced Carrot Protein Cookies

🥣Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) vanilla protein powder

- ½ cup (55 g) finely grated carrot
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- 1 tsp ground cinnamon
- 1 pinch of nutmeg
- ½ tsp baking powder
- 2 tbsp chopped walnuts
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~68 g
Protein per cookie: ~6.8 g

👨‍🍳Directions

Grate the carrot on the fine side of the grater. If it's very wet, press it lightly with paper towels. In a bowl, mix the almond flour, protein, sweetener, cinnamon, nutmeg, baking powder and salt. Add the egg, coconut oil and grated carrot.

Mix into a moist dough. Add the chopped walnuts and mix again. Drop spoonfuls onto a parchment-lined baking sheet. Gently flatten each cookie. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist and fragrant, like a protein carrot cake. Firm surface, lightly golden bottom.

💡 Tips

Don't overdo the carrot. Add ground ginger for a stronger flavor.
An artisan, nutritious look for selling.

🧊Storage

Refrigerated up to 5 days. Frozen up to 30 days.

RECIPE 11

Chocolate Peanut Butter Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 3 tbsp natural peanut butter
- 2 tbsp melted coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ½ tsp baking powder
- 2 tbsp plant milk
- 1 pinch of salt
- 2 tbsp chopped peanuts, no sugar added, optional

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~82 g
Protein per cookie: ~8.2 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, peanut butter, coconut oil and plant milk. Mix with a spatula into a dense, moist dough that's easy to shape. If it's too dry, add an extra tablespoon of plant milk. Fold in the chopped peanuts for more texture, if you like. Roll into medium balls, place them on a parchment-lined baking sheet and flatten slightly. Bake in a preheated oven at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set edges, slightly soft center. Once cool: more compact, with an intense chocolate-peanut texture.

💡 Tips

Use natural peanut butter. If it's very runny, add extra flour. Drizzle with sugar-free chocolate for selling.

🧊Storage

4 days at room temperature, 8 days refrigerated, 45 days frozen.

RECIPE 12

Vanilla Blueberry Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- ⅓ cup (50 g) fresh or frozen blueberries
- 1 tbsp coconut flour
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~69 g

Protein per cookie: ~6.9 g

👨‍🍳Directions

In a bowl, mix the almond flour, protein powder, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil and vanilla extract. Mix into a firm dough. If it's too dry, add a tablespoon of plant milk. Carefully fold in the blueberries so you don't crush them too much. Drop spoonfuls onto a parchment-lined baking sheet.

Gently flatten each cookie and bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Firm at the edges, soft in the center, with the blueberries slightly burst. Barely golden bottom.

💡 Tips

If using frozen blueberries, add them straight from the freezer. Very pretty for selling as a protein snack.

🧊Storage

Refrigerated up to 5 days. Frozen up to 30 days.

RECIPE 13

Double Chocolate Protein Cookies

🥣Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 3 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp melted coconut oil

- ⅓ cup (65 g) baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~72 g
Protein per cookie: ~7.2 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a thick, dark, even dough. Gently fold in the chopped sugar-free chocolate.

Roll into balls, place them on a parchment-lined baking sheet and flatten slightly.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Moist, slightly creamy center.
Set edges, not hard.
As it cools it firms up with a more intense texture.

💡 Tips

Don't overbake. Use sugar-free chocolate in large chunks.
Perfect as a "sugar-free double chocolate protein cookie."

🧊Storage

5 days at room temperature, 8 days refrigerated, 45 days frozen.

RECIPE 14

Orange Almond Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- Zest of 1 orange
- 1 tbsp fresh orange juice

- ½ tsp baking powder
- ¼ cup (25 g) sliced or chopped almonds
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~74 g
Protein per cookie: ~7.4 g

👨‍🍳Directions

In a bowl, mix the almond flour, protein, sweetener, baking powder and salt.
Add the egg, coconut oil, orange zest and orange juice. Mix into a firm, fragrant dough. Fold in the chopped or sliced almonds. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale in the center, lightly golden at the edges. A soft orange aroma that doesn't overpower the vanilla and almond.

💡 Tips

Use only the orange part of the peel. Ideal for an elegant line with a delicate citrus flavor. Decorate with sliced almonds.

🧊Storage

5 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 15

Cinnamon Walnut Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil or ghee

- ¼ cup (50 g) baking sweetener
- 1 tsp ground cinnamon
- ¼ tsp nutmeg
- ⅓ cup (40 g) chopped walnuts
- ½ tsp baking powder
- 1 pinch of salt

💪 **Yield and Protein**
Makes: 10 medium cookies
Protein per batch: ~76 g
Protein per cookie: ~7.6 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, cinnamon, nutmeg, baking powder and salt. Add the egg and coconut oil or ghee. Mix until you get an even, soft, moldable dough. Carefully fold in the chopped walnuts. Roll into balls, flatten slightly and arrange on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 11 to 14 minutes.

✅Perfect Doneness

Lightly golden, strong cinnamon aroma, crunchy from the walnuts. Soft center so it doesn't feel dry.

💡 Tips

A homey, comforting profile, ideal for cold weather. Add ground ginger for a spicier touch.

Walnuts visible on top.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 16

Coconut Chocolate Protein Cookies

🥣Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) vanilla or chocolate protein powder
- ½ cup (40 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- ⅓ cup (2 oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 2 tbsp plant milk
- 1 pinch of salt

💪 **Yield and Protein**
Makes: 10 medium cookies
Protein per batch: ~73 g
Protein per cookie: ~7.3 g

👨‍🍳Directions

In a bowl, mix the almond flour, protein, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a moist dough that's slightly grainy from the coconut.

Fold in the chopped sugar-free chocolate. Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Golden bottom, set edges and soft center.
Coconut lightly toasted, but not burnt.

💡 Tips

Use virgin coconut oil for a stronger flavor.
Sprinkle shredded coconut on top before baking for a more attractive look.

🧊Storage

5 days at room temperature, 8 days refrigerated, 40 days frozen.

RECIPE 17

Lemon Poppy Seed Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 tbsp poppy seeds
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~70 g
Protein per cookie: ~7 g

👨‍🍳Directions

Mix the almond flour, vanilla protein, sweetener, poppy seeds, baking powder and salt. Add the egg, coconut oil, lemon zest and lemon juice.

Mix until you get a soft, fragrant dough that's easy to shape. Roll into small or medium balls and flatten slightly. Place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Pale, barely golden on the bottom and soft in the center. A delicate texture with little crunchy poppy seed specks.

💡 Tips

An elegant, different look. Don't overdo the lemon juice. Add zest on top once cool for a finer presentation.

🧊Storage

4 days at room temperature, 7 days refrigerated, 30 days frozen.

RECIPE 18

Cocoa Protein Cookies with Sugar-Free Hazelnut Spread

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp sugar-free hazelnut spread

- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- ½ tsp baking powder
- 2 tbsp plant milk
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~78 g
Protein per cookie: ~7.8 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, hazelnut spread, coconut oil and plant milk.

Mix well into a creamy, dense, moldable dough. If it's too soft, chill the dough 10 minutes before shaping the cookies.
Roll into balls, flatten gently and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Moist center, intense cocoa-hazelnut flavor. They may seem very soft out of the oven, but they get firmer and creamier as they cool.

💡 Tips

For a premium version, fill the center with sugar-free hazelnut spread. High perceived value as a gourmet protein cookie.

🧊Storage

4 days at room temperature, 8 days refrigerated, 45 days frozen.

RECIPE 19

Apple Cinnamon Protein Cookies

🥣Ingredients

- ¾ cup (70 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla protein powder

- ½ cup (60 g) grated apple
- 1 egg
- 2 tbsp almond butter

- 1 tsp ground cinnamon
- ¼ cup (50 g) baking sweetener, optional
- ½ tsp baking powder
- 1 tbsp coconut flour
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~67 g
Protein per cookie: ~6.7 g

👨‍🍳Directions

Grate the apple and gently press it with paper towels to remove excess liquid. In a bowl, mix the gluten-free oat flour, protein, coconut flour, cinnamon, sweetener, baking powder and salt. Add the egg, almond butter and grated apple.

Mix into a moist, slightly soft dough. Drop spoonfuls onto a parchment-lined baking sheet and flatten gently. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft and moist, with an apple-cinnamon aroma. Firm surface and lightly golden bottom.

💡 Tips

Don't use too much apple. Add chopped walnuts for more texture and an artisan look. Ideal as a healthy breakfast cookie.

🧊Storage

Refrigerated up to 5 days. Frozen up to 30 days.

RECIPE 20

Brownie Protein Cookies

🥣Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp peanut or almond butter
- ⅓ cup (65 g) baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~79 g
Protein per cookie: ~7.9 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, peanut or almond butter and plant milk. Mix into a dense, moist dough, like a firm brownie batter.

Gently fold in the chopped sugar-free chocolate. Shape medium cookies, place them on a parchment-lined baking sheet and flatten only slightly, leaving them taller.
Bake at 180 °C (350 °F) for 9 to 11 minutes.

✅Perfect Doneness

Firm outside, but the center stays moist and dense, like a brownie. Don't overbake.

💡 Tips

Add chopped walnuts or instant coffee for a more gourmet version. Sell it as a "sugar-free, gluten-free protein brownie cookie."

🧊Storage

4 days at room temperature, 8 days refrigerated. Warm a few seconds to bring back the brownie texture.

RECIPE 21

Chocolate Walnut Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp melted coconut oil

- ⅓ cup (65 g) sugar-free baking sweetener
- ⅓ cup (40 g) chopped walnuts
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt
- ¼ cup (1½ oz) sugar-free chocolate, chopped, optional

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~76 g
Protein per cookie: ~7.6 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, melted coconut oil and plant milk. Mix until you get a moist, firm dough that's easy to shape.

Fold in the chopped walnuts and, for a more intense result, the chopped sugar-free chocolate too. Roll into medium balls, place them on a parchment-lined baking sheet and flatten slightly. Bake in a preheated oven at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set edges and a slightly soft center. Gently toasted walnuts.
Once cool: a denser, more pleasant texture.

💡 Tips

Toast the walnuts 3–5 minutes before using.
A premium protein cookie: intense chocolate and a crunchy texture. Press visible walnuts on top.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 22

Vanilla Toasted Coconut Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ½ cup (40 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~72 g
Protein per cookie: ~7.2 g

👨‍🍳Directions

Put the shredded coconut in a dry skillet over low heat and stir for 2 to 3 minutes, just until lightly golden. Let cool. In a bowl, mix the almond flour, vanilla protein, toasted coconut, sweetener, baking powder and salt. Add the egg, coconut oil, vanilla extract and plant milk. Mix into a moist, fragrant dough. Shape medium cookies, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Barely golden at the edges with a strong toasted-coconut aroma.
Soft center; the dough firms up as it cools.

💡 Tips

Don't over-toast the coconut beforehand — it keeps browning in the oven.
Add bits of sugar-free chocolate for a showier version.

🧊Storage

5 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 23

Almond Sugar-Free Dark Chocolate Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla or chocolate protein powder
- 1 egg
- 2 tbsp almond butter

- 1 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- ⅓ cup (2 oz) sugar-free dark chocolate, chopped
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

💪 **Yield and Protein**
Makes: 10 medium cookies
Protein per batch: ~80 g
Protein per cookie: ~8 g

👨‍🍳Directions

In a bowl, mix the almond flour, protein powder, sweetener, baking powder and salt. Add the egg, almond butter and coconut oil. Mix until you get a firm, creamy, moldable dough. Fold in the chopped sugar-free dark chocolate and the almonds.

Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set at the edges, soft center and slightly melted chocolate.
Golden bottom, not dark.

💡 Tips

Use good-quality sugar-free chocolate. A grown-up, sophisticated profile, ideal for gourmet boxes.
Save some pieces to press on top.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 24

Strawberry Vanilla Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- ⅓ cup (50 g) strawberries, cut into small pieces
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies
Protein per batch: ~69 g
Protein per cookie: ~6.9 g

👨‍🍳Directions

Wash, dry and chop the strawberries into small pieces. If they're very juicy, press them lightly with paper towels. In a bowl, mix the almond flour, vanilla protein, coconut flour, sweetener, baking powder and salt.
Add the egg, coconut oil and vanilla extract. Mix into a soft dough.
Carefully fold in the strawberries without crushing them too much. Drop spoonfuls onto a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, lightly golden on the bottom with visible strawberry pieces. A moister texture than a traditional cookie because of the fruit.

💡 Tips

Don't use very large or very ripe strawberries.
For a firmer texture, add an extra teaspoon of coconut flour.

🧊Storage

Refrigerated up to 4 days.
Frozen up to 30 days.

RECIPE 25

Mint Chocolate Protein Cookies

🥣 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- ¼ tsp peppermint extract
- 2 tbsp plant milk
- ⅓ cup (2 oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~73 g

Protein per cookie: ~7.3 g

👨‍🍳 Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, plant milk and peppermint extract.

Mix into a dark, firm, fragrant dough. Gently fold in the chopped sugar-free chocolate. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅ Perfect Doneness

Set edges and a moist center. A soft, refreshing mint flavor that doesn't completely overpower the chocolate.

💡 Tips

Use very little mint — the extract can be strong.
A special or seasonal flavor.
Decorate with a drizzle of sugar-free chocolate.

🧊 Storage

5 days at room temperature, 8 days refrigerated, 45 days frozen.

RECIPE 26

Cocoa Almond Sea Salt Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- ¼ cup (30 g) chopped almonds
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of fine salt
- Flaky sea salt to finish, optional

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~78 g

Protein per cookie: ~7.8 g

👨‍🍳Directions

Mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and fine salt. Add the egg, coconut oil and plant milk. Mix until you get a firm, moist dough. Fold in the chopped almonds and sugar-free chocolate. Roll into balls, flatten slightly and place them on a parchment-lined baking sheet. Sprinkle a few flakes of sea salt on top for a more gourmet finish, if you like. Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, slightly melted chocolate. You barely taste the sea salt at the end, which enhances the cocoa.

💡 Tips

Don't add too much sea salt: the idea is contrast, not saltiness. Perfect individually wrapped in elegant packaging.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 27

Oatmeal Almond Butter Protein Cookies

🥣Ingredients

- 1 cup (90 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 3 tbsp almond butter

- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt
- 2 tbsp chopped almonds, optional

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~75 g
Protein per cookie: ~7.5 g

👨‍🍳Directions

In a bowl, mix the gluten-free oat flour, vanilla protein, sweetener, baking powder and salt. Add the egg, almond butter, coconut oil, vanilla extract and plant milk. Mix into a consistent, slightly moist dough.

Add the chopped almonds if you want more texture. Roll into medium balls and flatten gently on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 11 to 14 minutes.

✅Perfect Doneness

Firm outside and soft in the center. The oats give a more rustic, slightly chewy texture.

💡 Tips

If it's too dry, add plant milk. Ideal for breakfast or a snack.
Add cinnamon or chocolate chips for variations.

🧊Storage

4 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 28

Chocolate Protein Cookies with a Creamy Peanut Butter Filling

🥣Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🥜Filling

- 4 tbsp natural peanut butter
- 1 tbsp powdered sweetener, optional
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium filled cookies
Protein per batch: ~86 g
Protein per cookie: ~8.6 g

👨‍🍳Directions

Mix the peanut butter with the sweetener and a pinch of salt. Form 10 small portions of filling and freeze for 10 to 15 minutes so they firm up. In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, moldable dough. Take a portion of dough, flatten it in your palm, place a portion of filling in the center and seal well. Place the filled cookies on a parchment-lined baking sheet and flatten very gently. Bake at 180 °C (350 °F) for 10 to 13 minutes.

🔑Seal the edges well so the filling doesn't leak while baking.

✅Perfect Doneness

Firm outside and creamy inside. Don't flatten too much before baking.

💡 Tips

Excellent to sell as a higher-value filled protein cookie. Top with chopped peanuts.

🧊Storage

Refrigerated up to 7 days.
Frozen up to 45 days.
Let sit at room temperature a few minutes before eating.

RECIPE 29

Cocoa Banana Peanut Butter Protein Cookies

🥣Ingredients

- 1 medium ripe banana
- ½ cup (50 g) chocolate protein powder
- ¾ cup (70 g) certified gluten-free oat flour
- 1 egg
- 2 tbsp natural peanut butter
- 2 tbsp unsweetened cocoa powder
- ¼ cup (50 g) baking sweetener, optional
- ½ tsp baking powder
- 2 tbsp chopped peanuts, optional
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~74 g
Protein per cookie: ~7.4 g

👨‍🍳Directions

Mash the banana into a puree. Add the egg and peanut butter. Mix well until creamy. Add the chocolate protein, gluten-free oat flour, cocoa, sweetener, baking powder and salt. Mix into a soft, moist dough. Fold in the chopped peanuts if you want more crunch.

Drop spoonfuls onto a parchment-lined baking sheet and flatten gently. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist and full of banana, cocoa and peanut flavor. It shouldn't be dry. A soft, nutritious snack texture.

💡 Tips

Use a very ripe banana.
If it's too wet, add extra oat flour. Ideal as an energizing protein snack.

🧊Storage

Refrigerated up to 5 days.
Frozen up to 30 days.

RECIPE 30

Vanilla Macadamia Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter

- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- ¼ cup (35 g) chopped macadamia nuts
- ¼ cup (1½ oz) sugar-free white chocolate, chopped, optional
- ½ tsp baking powder
- 1 pinch of salt

💪 **Yield and Protein**
Makes: 10 medium cookies
Protein per batch: ~76 g
Protein per cookie: ~7.6 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix until you get a soft, firm, slightly creamy dough. Fold in the chopped macadamias and sugar-free white chocolate, if using. Roll into medium balls and flatten slightly. Place them on a parchment-lined baking sheet and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale, with barely golden edges and a soft center. The macadamias should be crunchy, not burnt.

💡 Tips

High perceived value thanks to the macadamias. Press visible pieces of sugar-free white chocolate on top. Don't overbake.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 31

Chocolate Almond Coconut Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp melted coconut oil

- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (20 g) unsweetened shredded coconut
- ¼ cup (30 g) chopped almonds
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~78 g

Protein per cookie: ~7.8 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, shredded coconut, baking powder and salt. Add the egg, melted coconut oil and plant milk. Mix into a firm, moist dough that's slightly grainy from the coconut.

Gently fold in the chopped almonds. Roll into medium balls, place them on a parchment-lined baking sheet and flatten slightly. Bake in a preheated oven at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, with the coconut lightly toasted.
Golden bottom, not too dark.

💡 Tips

Use virgin coconut oil and 100% pure cocoa for a deeper flavor. Decorate with shredded coconut and visible almonds on top.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 32

Vanilla Raspberry Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (40 g) fresh or frozen raspberries
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~69 g
Protein per cookie: ~6.9 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil and vanilla extract.

Mix into a soft, firm dough.
Carefully fold in the raspberries, avoiding crushing them too much. Drop spoonfuls onto a parchment-lined baking sheet. Flatten gently. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, pale in the center and barely golden on the bottom. Lightly cooked raspberries create spots of color and tart flavor.

💡 Tips

If frozen, add them straight from the freezer. A very pretty look for premium, delicate sales.

🧊Storage

Refrigerated up to 4 days. Frozen up to 30 days.

RECIPE 33

Cocoa Cashew Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ⅓ cup (45 g) chopped cashews
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

💪 **Yield and Protein**
Makes: 10 medium cookies
Protein per batch: ~77 g
Protein per cookie: ~7.7 g

👨‍🍳Directions

Mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a dense, moist dough. Gently fold in the chopped cashews. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside and soft inside, with lightly toasted cashews. The center shouldn't be dry.

💡 Tips

Lightly toast the cashews before using.
A milder flavor than peanuts, great for varying your catalog. Press visible pieces on top.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 34

Vanilla Sugar-Free Chocolate Chip Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter

- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (60 g) sugar-free chocolate chips
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~76 g
Protein per cookie: ~7.6 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix until you get a firm, soft dough that's easy to shape. Fold in the sugar-free chocolate chips. Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale in the center, lightly golden edges and gently melted chocolate chips. Not dry or crumbly.

💡 Tips

One of the most commercial recipes — it's the classic chocolate chip cookie in protein form. Press extra chips on top before baking.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 35

Coffee Almond Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 tbsp instant coffee
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~74 g
Protein per cookie: ~7.4 g

👨‍🍳Directions

Dissolve the instant coffee in the plant milk. In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil and coffee milk. Mix into a fragrant, firm, moldable dough. Fold in the chopped almonds. Roll into balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Lightly golden at the edges and soft in the center. Noticeable coffee aroma, balanced with the vanilla.

💡 Tips

Use a good-quality instant coffee. Ideal for grown-ups and gourmet boxes.
Add bits of sugar-free chocolate for a mocha version.

🧊Storage

5 days at room temperature, 8 days refrigerated, 45 days frozen.

RECIPE 36

Chocolate Orange Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- Zest of 1 orange
- 1 tbsp fresh orange juice

- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~73 g
Protein per cookie: ~7.3 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, orange zest and orange juice.

Mix into a moist, fragrant dough.
Fold in the chopped sugar-free chocolate. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, with a balanced cocoa-orange aroma. Lightly golden bottom, not burnt.

💡 Tips

Use only the orange part of the peel. Chocolate and orange feel more gourmet. Present it as a special seasonal flavor.

🧊Storage

5 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 37

Vanilla Cinnamon Chia Protein Cookies

🥣Ingredients

- 1 cup (90 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- 1 tsp ground cinnamon
- 1 tbsp chia seeds
- 3 tbsp plant milk
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~68 g
Protein per cookie: ~6.8 g

👨‍🍳Directions

Mix the chia seeds with the plant milk and let sit 5 minutes. In a bowl, mix the gluten-free oat flour, vanilla protein, sweetener, cinnamon, baking powder and salt. Add the egg, coconut oil, vanilla extract and the hydrated chia. Mix until you get a firm, slightly moist, fragrant dough. Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 12 to 14 minutes.

✅Perfect Doneness

Firm outside and soft inside. The chia adds a light texture and the cinnamon a warm aroma, ideal for snack time.

💡 Tips

If it's too dry, add extra plant milk.
Great for a breakfast-cookie or healthy-snack line. Add walnuts for a heartier version.

🧊Storage

4 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 38

Peanut Butter Coconut Protein Cookies

🥣Ingredients

- ¾ cup (190 g) natural peanut butter
- ½ cup (50 g) vanilla protein powder
- 1 egg
- ¼ cup (20 g) unsweetened shredded coconut
- 2 tbsp coconut flour
- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt
- 2 tbsp plant milk, if needed

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~84 g

Protein per cookie: ~8.4 g

👨‍🍳Directions

In a bowl, mix the peanut butter with the egg and vanilla extract until creamy. Add the protein powder, shredded coconut, coconut flour, sweetener, baking powder and salt. Mix into a firm dough. Wait

2 minutes for the coconut flour to absorb moisture. If the dough is too dry, add plant milk little by little. Roll into balls and flatten slightly with a fork. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, dense inside, with a peanut-coconut aroma. Don't overbake or it will be dry.

💡 Tips

A practical recipe that doesn't rely on many flours. Decorate with shredded coconut or a drizzle of sugar-free chocolate. If the peanut butter is very runny, add more coconut flour.

🧊Storage

4 days at room temperature, 10 days refrigerated, 45 days frozen.

RECIPE 39

Sugar-Free White Chocolate Berry Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- ⅓ cup (50 g) chopped or frozen berries
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~71 g
Protein per cookie: ~7.1 g

👨‍🍳Directions

If using fresh berries, wash, dry and chop them.
If using frozen, add them without thawing. In a bowl, mix the almond flour, vanilla protein, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil and vanilla extract.

Mix into a firm dough. Very carefully fold in the sugar-free white chocolate and berries. Drop spoonfuls onto parchment paper. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, with a lightly golden bottom and visible berries.
A moister texture because of the fruit.

💡 Tips

A premium look thanks to the contrast of vanilla, white chocolate and berries. Works great in gift boxes or gourmet bundles.

🧊Storage

Refrigerated up to 4 days. Frozen up to 30 days in a tightly sealed container.

RECIPE 40

Cocoa Protein Cookies with a Sugar-Free Chocolate Filling

🥣Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🍫Filling

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil

💪 Yield and Protein
Makes: 10 medium filled cookies
Protein per batch: ~77 g
Protein per cookie: ~7.7 g

👨‍🍳Directions

Melt the sugar-free chocolate with the coconut oil into a thick cream. Chill 10 to 15 minutes so it firms up. In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, moldable dough. Take a portion of dough, flatten it in your palm, place a little chocolate filling in the center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 10 to 13 minutes.

🔑Chill the filling well before assembling the cookies so it doesn't leak.

✅Perfect Doneness

Firm outside with a creamy center. If the filling is too runny before baking, it can leak out of the dough.

💡 Tips

Seal the edges very well. High perceived value as a chocolate-filled protein cookie. Press a piece of sugar-free chocolate on top.

🧊Storage

Refrigerated up to 7 days. Frozen up to 45 days. Warm a few seconds to bring back the creamy center.

RECIPE 41

Chocolate Oatmeal Almond Protein Cookies

🥣Ingredients

- ¾ cup (70 g) certified gluten-free oat flour
- ½ cup (50 g) chocolate protein powder

- ¼ cup (24 g) almond flour
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp melted coconut oil

- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~74 g
Protein per cookie: ~7.4 g

👨‍🍳Directions

In a bowl, mix the gluten-free oat flour, almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, slightly rustic, moist dough. Gently fold in the chopped almonds. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake in a preheated oven at 180 °C (350 °F) for 11 to 14 minutes.

✅Perfect Doneness

Firm outside, soft in the center and slightly chewy from the oats. Golden bottom, not dark.

💡 Tips

Great for a nutritious snack or breakfast. For a crunchier texture, flatten the cookies more before baking.

🧊Storage

4 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 42

Vanilla Peanut Butter Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 3 tbsp natural peanut butter

- 1 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- 2 tbsp plant milk, if needed

- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~82 g
Protein per cookie: ~8.2 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, peanut butter, coconut oil and vanilla extract.

Mix into a dense, creamy dough. If it's too dry, add the plant milk little by little. Roll into medium balls and press with a fork to make the classic crisscross marks.

Place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Set at the edges and soft in the center. Once cool: a denser texture, like a classic peanut butter cookie but with more protein.

💡 Tips

Use 100% natural peanut butter, 100% natural. If it's very runny, add extra flour. Decorate with chopped peanuts or a drizzle of sugar-free chocolate.

🧊Storage

4 days at room temperature, 10 days refrigerated, 45 days frozen.

RECIPE 43

Chocolate Cherry Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- ⅓ cup (50 g) chopped cherries, no sugar added
- 1 tbsp coconut flour
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~71 g

Protein per cookie: ~7.1 g

👨‍🍳Directions

Chop the cherries into small pieces. If they're very wet, pat them dry with paper towels.
In a bowl, mix the almond flour, chocolate protein, cocoa, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm dough. Carefully fold in the cherries so they don't release too much liquid.

Drop spoonfuls onto a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, with set edges and little moist spots of cherry. Lightly golden bottom, without burning the chocolate.

💡 Tips

Don't use cherries in syrup — they usually have added sugar. A gourmet profile: intense chocolate with fruit. Ideal for a special line.

🧊Storage

Refrigerated up to 5 days. Frozen up to 30 days.

RECIPE 44

Coconut Almond Vanilla Protein Cookies

🥣Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ½ cup (40 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- ¼ cup (25 g) sliced almonds
- ½ tsp baking powder
- 2 tbsp plant milk
- 1 pinch of salt

💪 Yield and Protein

Makes: 10 medium cookies

Protein per batch: ~75 g

Protein per cookie: ~7.5 g

👨‍🍳Directions

Mix the almond flour, vanilla protein, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil, vanilla extract and plant milk. Mix into a moist, fragrant dough. Add some of the sliced almonds to the dough and save some for decorating. Roll into balls, flatten gently and press sliced almonds on top. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Lightly golden at the edges and soft in the center. The coconut should be lightly toasted, not too dark.

💡 Tips

A pretty look thanks to the sliced almonds. For a more premium version, dip half of each cookie in sugar-free chocolate after baking.

🧊Storage

5 days at room temperature, 8 days refrigerated, 30 days frozen.

RECIPE 45

Spiced Chocolate Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ½ tsp ground cinnamon
- 1 pinch of ground ginger
- 1 pinch of nutmeg
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~70 g
Protein per cookie: ~7 g

👨‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, cinnamon, ginger, nutmeg, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a dark, fragrant, moldable dough. Roll into medium balls, flatten slightly and place them on parchment paper. Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Set at the edges and soft in the center. An intense flavor with a warm spice background, while chocolate stays the star.

💡 Tips

Ideal for holidays or themed boxes. Don't overdo the ginger or nutmeg. Decorate with a drizzle of sugar-free chocolate.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 46

Vanilla Protein Cookies with a Chocolate Filling

🥣Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter

- ¼ cup (50 g) baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

🍫Filling

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil

💪 Yield and Protein
Makes: 10 medium filled cookies
Protein per batch: ~78 g
Protein per cookie: ~7.8 g

👨‍🍳Directions

Melt the sugar-free chocolate with the coconut oil and stir into a cream. Chill 10 to 15 minutes so it firms up. In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract. Mix into a firm, moldable dough. Take a portion of dough, flatten it in your palm, place a little chocolate filling in the center and seal well. Place the cookies on a parchment-lined baking sheet and bake at 180 °C (350 °F) for 10 to 13 minutes.

🔑Seal the edges very well so the chocolate doesn't leak.

✅Perfect Doneness

Pale, with barely golden edges and a creamy center. Don't overbake so the filling doesn't dry out.

💡 Tips

High perceived value, ideal to sell as a filled protein cookie. Press a few sugar-free chocolate chips on top before baking.

🧊Storage

Refrigerated up to 7 days. Frozen up to 45 days. Warm a few seconds to bring back the creamy center.

RECIPE 47

Lemon Coconut Vanilla Protein Cookies

🥣Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ⅓ cup (25 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) baking sweetener
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~72 g
Protein per cookie: ~7.2 g

👨‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil, lemon zest, lemon juice and vanilla extract. Mix into a moist, fresh, fragrant dough.

Roll into medium balls and flatten slightly.
Place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Barely golden on the bottom and soft in the center.
A fresh flavor balancing lemon, coconut and vanilla.

💡 Tips

Avoid the white pith so it isn't bitter.
An ideal option for people who prefer lighter flavors.
Sprinkle shredded coconut on top before baking.

🧊Storage

4 days at room temperature, 7 days refrigerated, 30 days frozen.

RECIPE 48

Cocoa Sunflower Seed Protein Cookies

🥣Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder

- ¼ cup (35 g) unsalted sunflower seeds
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~73 g
Protein per cookie: ~7.3 g

👨‍🍳Directions

Mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a firm, moist dough. Gently fold in the sunflower seeds. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set at the edges and soft in the center. The seeds should add crunch without burning.

💡 Tips

Lightly toast the seeds before adding them. A good alternative to nuts (and nut-free!). Decorate with visible seeds on top.

🧊Storage

5 days at room temperature, 9 days refrigerated, 45 days frozen.

RECIPE 49

Vanilla Pear Cinnamon Protein Cookies

🥣Ingredients

- ¾ cup (70 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla protein powder

- ½ cup (70 g) grated or very finely chopped pear
- 1 egg
- 2 tbsp almond butter

- 1 tbsp coconut flour
- ¼ cup (50 g) baking sweetener, optional
- 1 tsp ground cinnamon
- ½ tsp baking powder
- 1 pinch of salt

💪 Yield and Protein
Makes: 10 medium cookies
Protein per batch: ~66 g
Protein per cookie: ~6.6 g

👨‍🍳Directions

Grate or chop the pear into very small pieces. If it's very juicy, press it gently with paper towels. In a bowl, mix the gluten-free oat flour, vanilla protein, coconut flour, cinnamon, sweetener, baking powder and salt. Add the egg, almond butter and pear. Mix into a moist, slightly soft dough. Drop spoonfuls onto a parchment-lined baking sheet. Flatten gently and bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist and fragrant. Firm surface and lightly golden bottom.

💡 Tips

Don't use a pear that's too ripe — it can release a lot of liquid. Ideal for a line of soft cookies with a delicate, homemade flavor. Add walnuts or sliced almonds for more texture.

🧊Storage

Refrigerated up to 5 days. Frozen up to 30 days.

RECIPE 50

Chocolate Protein Cookies with a Coconut Filling

🥣Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🥥Coconut Filling

- ½ cup (40 g) unsweetened shredded coconut
- 2 tbsp coconut cream or thick coconut milk
- 1 tbsp powdered sweetener
- 1 tsp coconut oil

💪 **Yield and Protein**
Makes: 10 medium filled cookies
Protein per batch: ~76 g
Protein per cookie: ~7.6 g

👨‍🍳Directions

In a small bowl, mix the shredded coconut, coconut cream, sweetener and coconut oil into a firm paste. Chill the filling 10 minutes so it's easier to handle. In another bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a firm dough. Take a portion of dough, flatten it in your palm, place a little coconut filling in the center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 10 to 13 minutes.

🔑Seal the edges well so the filling doesn't leak. Sprinkle a little shredded coconut over each cookie before baking.

✅Perfect Doneness

Firm outside with a moist coconut filling inside. The outer dough shouldn't be dry; the contrast with the filling is what makes this recipe special.

💡 Tips

High perceived value. Sell it as a chocolate-coconut filled protein cookie. Sprinkle visible shredded coconut on each cookie before baking.

🧊Storage

Refrigerated up to 7 days.
Frozen up to 45 days.
Let sit at room temperature a few minutes before serving.



Thank you for making these recipes!

You've reached the end of **Volume 1** of our collection of sugar-free, gluten-free protein cookies. We hope every recipe inspires you to make more nutritious, delicious, higher-protein treats.

🍪 50 Recipes

A variety of flavors, textures and combinations for every taste

💪 High in Protein

Between 6.6 g and 8.6 g of protein per cookie on average

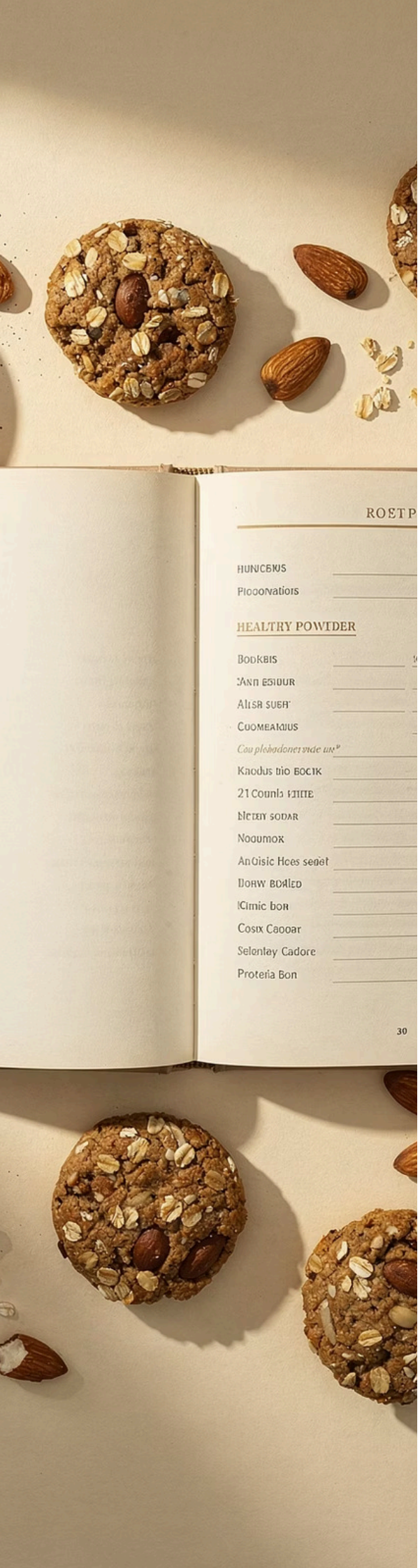
🌾 Gluten-Free

Every recipe uses alternative flours and certified oats

📦 Ready to Sell

Premium, filled and gourmet options to stand out in the market

> Continue with **Volume 2** to discover recipes 51 to 100 in this collection.



VOLUME 2

Volume 2

Recipes 51 to

Welcome to this collection of sugar-free, gluten-free protein cookies. Here you'll find recipes designed for more nutritious, delicious cookies with more protein, ideal for enjoying at home or creating standout products to sell.

RECIPE 51

Vanilla Whey Chocolate Chip Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp melted coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (60 g) sugar-free chocolate chips
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if the dough is dry)

👩‍🍳 Directions

Mix the almond flour, vanilla whey, sweetener, baking powder and salt.
Add the egg, coconut oil, almond butter and vanilla extract. Mix with a spatula into a soft, firm, moldable dough. If it seems very dry, add a tablespoon of plant milk. Gently fold in the sugar-free chocolate chips. Roll into medium balls, place them on a parchment-lined baking sheet and flatten slightly. Bake in a preheated oven at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~78 g
Per cookie: ~7.8 g

✅ Perfect Doneness

Pale in the center, golden edges, soft inside.
Take them out while still soft in the center.

💡 Tips

Press extra chips on top before baking.
For a premium version, use sliced almonds or large chunks of chocolate.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 45 days.

RECIPE 52

Chocolate Whey Protein Cookies with a Creamy Center

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp melted coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🍫 Creamy Center

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp peanut or almond butter

👩‍🍳 Directions

Melt the sugar-free chocolate with the coconut oil. Add the peanut or almond butter and stir into a cream. Chill 10–15 minutes so it firms up. In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, dark, moldable dough.

Take a portion of dough, flatten it in your palm, add a little of the creamy center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~81 g
Per cookie: ~8.1 g

✅ Perfect Doneness

Firm outside, creamy inside. The center shouldn't be runny before baking.

💡 Tips

Seal the edges well. Add a teaspoon of instant coffee to the dough for a more intense flavor.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Warm a few seconds to bring back the creamy center.

RECIPE 53

Sugar-Free Cookies & Cream Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) cookies & cream whey protein
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- 1 tbsp cacao nibs (optional)
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, cookies & cream whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix into a firm, soft, fragrant dough. Fold in the chopped sugar-free chocolate and cacao nibs, if you want extra crunch.
Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~79 g
Per cookie: ~7.9 g

✅ Perfect Doneness

Set edges, soft center, slightly creamy texture. Don't overdo the sweetener.

💡 Tips

Taste the dough before baking.
For selling, top with visible pieces of sugar-free chocolate.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 45 days.

RECIPE 54

Strawberry Whey Protein Cookies with Sugar-Free White Chocolate

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) strawberry whey protein
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (50 g) strawberries, cut into small pieces
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

Wash and dry the strawberries well. Chop them into small pieces and press gently with paper towels if they're very juicy. Mix the almond flour, strawberry whey, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil and vanilla extract.

Mix into a firm dough. Carefully fold in the strawberries and sugar-free white chocolate. Drop spoonfuls onto a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 12 to 15 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~75 g
Per cookie: ~7.5 g

✅ Perfect Doneness

Soft, lightly golden bottom, visible strawberry pieces.

Don't store warm or in a closed container before cooling.

💡 Tips

Don't use too much strawberry. Present it as a strawberry protein cookie with sugar-free white chocolate.

🧊 Storage

Because it has fruit: refrigerate up to 4 days. Frozen: 30 days.

RECIPE 55

Banana Cinnamon Whey Protein Cookies

🌾 Ingredients

- 1 medium ripe banana
- ½ cup (50 g) vanilla or banana whey protein
- ¾ cup (70 g) certified gluten-free oat flour
- 1 egg
- 2 tbsp natural peanut butter

- 1 tsp ground cinnamon
- ½ tsp baking powder
- 1 tbsp coconut flour
- 2 tbsp baking sweetener (optional)

- 1 pinch of salt
- 2 tbsp chopped walnuts (optional)

👩‍🍳 Directions

Mash the banana with a fork into a puree. Add the egg and peanut butter.
Mix until smooth and creamy. Add the whey, gluten-free oat flour, coconut flour, cinnamon, baking powder, sweetener and salt. Mix into a moist dough that's softer than a traditional cookie dough.

Fold in the chopped walnuts if you want more texture. Drop spoonfuls onto a parchment-lined baking sheet and flatten slightly. Bake at 180 °C (350 °F) for 12 to 15 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~74 g
Per cookie: ~7.4 g

✅ Perfect Doneness

Soft, moist and fragrant. Not as crisp because the banana adds natural moisture.

💡 Tips

Use a very ripe banana. If the dough is too soft, add an extra tbsp of gluten-free oat flour.

🧊 Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 56

Chocolate Hazelnut Whey Protein Cookies

🌾 Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp sugar-free hazelnut spread

- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (35 g) chopped hazelnuts
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, hazelnut spread and plant milk.

Mix into a dense, creamy dough that's easy to shape. Fold in the chopped hazelnuts.
Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~83 g
Per cookie: ~8.3 g

✅ Perfect Doneness

Set at the edges, moist in the center.

A dense texture with strong cocoa-hazelnut flavor.

💡 Tips

Toast the hazelnuts before using. Press bits of hazelnut on top before baking.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 57

Coconut Chocolate Whey Protein Cookies

🌾Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) vanilla or coconut whey protein
- ½ cup (40 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳Directions

In a bowl, mix the almond flour, whey, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a moist dough that's slightly grainy from the coconut.

Fold in the chopped sugar-free chocolate. Shape medium cookies, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~76 g
Per cookie: ~7.6 g

✅Perfect Doneness

Set edges, soft center, lightly toasted coconut. The chocolate barely melted, not burnt.

💡 Tips

If using vanilla whey, add coconut extract.
For selling, decorate with shredded coconut and visible chocolate pieces.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 8 days.
Frozen: 40 days.

RECIPE 58

Coffee Mocha Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate or vanilla whey protein
- 1 tbsp instant coffee
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp hot plant milk
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

Dissolve the instant coffee in the hot plant milk and let it cool slightly. In a bowl, mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and coffee milk.

Mix into a dark, fragrant, firm dough. Fold in the chopped sugar-free chocolate.
Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~74 g
Per cookie: ~7.4 g

✅ Perfect Doneness

Firm outside, soft inside.
A balanced coffee-chocolate aroma. It shouldn't be bitter.

💡 Tips

Vanilla whey gives a milder result; chocolate whey, more intense. A premium profile for grown-ups.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 8 days.
Frozen: 45 days.

RECIPE 59

Lemon Vanilla Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla whey, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil, lemon zest, lemon juice and vanilla extract. Mix into a soft, fresh, moldable dough. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~73 g
Per cookie: ~7.3 g

✅ Perfect Doneness

Pale, barely golden on the bottom, soft in the center.
A fresh flavor balancing vanilla and lemon.

💡 Tips

Don't use the white pith. For presentation, sprinkle lemon zest over the cooled cookies.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 7 days.
Frozen: 30 days.

RECIPE 60

Unflavored Whey Almond Cinnamon Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) unflavored whey protein
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳Directions

In a bowl, mix the almond flour, unflavored whey, sweetener, cinnamon, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.
Mix into a firm, fragrant dough. If it's too dry, add a tablespoon of plant milk. Fold in the chopped almonds.
Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~82 g
Per cookie: ~8.2 g

✅Perfect Doneness

Lightly golden at the edges, soft in the center, cinnamon aroma. The unflavored whey well balanced.

💡 Tips

If the whey has a strong taste, add a little more vanilla or cinnamon. Sell it as an almond cinnamon cookie.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 61

Chocolate Pecan Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp melted coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ⅓ cup (35 g) chopped pecans
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt
- ¼ cup (1½ oz) sugar-free chocolate, chopped (optional)

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a dense, moist dough that's easy to shape. Fold in the chopped pecans and sugar-free chocolate, if using. Roll into medium balls, place them on a parchment-lined baking sheet and flatten slightly. Bake in a preheated oven at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~78 g
Per cookie: ~7.8 g

✅ Perfect Doneness

Set edges, soft and moist center. Lightly toasted pecans. The cookie firms up as it cools.

💡 Tips

Pecans give a premium feel. For presentation, press pieces of pecan on top before baking.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 62

Vanilla Cashew Butter Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 3 tbsp natural cashew butter
- 1 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (35 g) chopped cashews
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, cashew butter, coconut oil and vanilla extract. Mix into a soft, creamy, moldable dough.

If it's too dry, add a tablespoon of plant milk. Fold in the chopped cashews.
Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~79 g
Per cookie: ~7.9 g

✅ Perfect Doneness

Pale in the center, lightly golden edges, soft texture. Cashew butter adds a creamy feel.

💡 Tips

If you can't find cashew butter, use almond butter.

For selling, press visible cashew pieces on top.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 63

Coconut-Filled Chocolate Whey Protein Cookies

🌾Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🥥Filling

- ½ cup (40 g) unsweetened shredded coconut
- 2 tbsp coconut cream or thick coconut milk
- 1 tbsp powdered sweetener
- 1 tsp coconut oil

👩‍🍳Directions

In a small bowl, mix the shredded coconut, coconut cream, powdered sweetener and coconut oil into a moist, firm paste. Chill 10 minutes. In another bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, moldable dough. Take a portion of dough, flatten it in your palm, add a little coconut filling and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~78 g
Per cookie: ~7.8 g

✅Perfect Doneness

Firm outside, moist inside. The filling should stay creamy without leaking.

💡 Tips

Don't overfill.

For selling: a chocolate-coconut filled protein cookie.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Let sit a few minutes at room temp before serving.

RECIPE 64

Oatmeal Raisin Protein Cookies No Added Sugar

🌾Ingredients

- 1 cup (90 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp ground cinnamon
- ¼ cup (35 g) raisins, no added sugar
- ½ tsp baking powder
- 2 tbsp plant milk
- 1 pinch of salt

👩‍🍳Directions

In a bowl, mix the gluten-free oat flour, vanilla protein, sweetener, cinnamon, baking powder and salt. Add the egg, coconut oil, almond butter and plant milk. Mix into a moist, slightly rustic dough. Gently fold in the raisins. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 12 to 14 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~70 g
Per cookie: ~7 g

✅Perfect Doneness

Set at the edges, soft in the center, chewy texture. The raisins should be soft, not burnt.

💡 Tips

Make it clear that raisins have natural sweetness. For a less sweet version, swap them for chopped walnuts.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 65

Vanilla Pistachio Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (40 g) chopped pistachios
- ¼ cup (1½ oz) sugar-free white chocolate, chopped (optional)
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix into a soft, moldable dough.
Fold in the chopped pistachios and sugar-free white chocolate, if using. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~80 g
Per cookie: ~8 g

✅ Perfect Doneness

Barely golden at the edges, soft center, lightly toasted pistachios. Don't let them get too dark.

💡 Tips

Use unsalted pistachios or reduce the salt.

A premium look, ideal to sell as a special flavor.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 66

Chocolate Almond Plant-Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate plant protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 3 tbsp plant milk
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate plant protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm dough. If it's dry or crumbly, add an extra tablespoon of plant milk. Fold in the chopped almonds. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~72 g
Per cookie: ~7.2 g

✅ Perfect Doneness

Firm outside, soft in the center.
Plant protein gives a denser texture; don't overbake.

💡 Tips

Great for people who don't use whey. If the flavor is strong, add more vanilla extract or cocoa.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 67

Sugar-Free Dulce de Leche (Caramel) Whey Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) dulce de leche or caramel whey protein
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond or peanut butter

- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (1½ oz) sugar-free chocolate, chopped (optional)
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳Directions

In a bowl, mix the almond flour, caramel whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond or peanut butter and vanilla extract. Mix into a soft, firm dough. If it's dry, add a tablespoon of plant milk. Fold in the sugar-free chocolate for a more intense version, if you like. Roll into medium balls, flatten slightly and place them on parchment paper. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪Protein

Makes: 10 cookies
Per batch: ~80 g
Per cookie: ~8 g

✅Perfect Doneness

Golden at the edges, soft in the center. The caramel flavor should come through without being cloying.

💡Tips

If the whey is very sweet, reduce the sweetener.
A very commercial name for a protein cookie menu.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 68

Chocolate Pumpkin Seed Protein Cookies

🌾 Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- ¼ cup (35 g) unsalted pumpkin seeds (pepitas)
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a firm, moist dough. Gently fold in the pumpkin seeds. Roll into medium balls and flatten slightly. Place them on a parchment-lined baking sheet and bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~74 g
Per cookie: ~7.4 g

✅ Perfect Doneness

Set edges, soft center, lightly toasted seeds. It shouldn't be dry.

💡 Tips

Toast the seeds before using.
For presentation, press a few visible seeds on top before baking.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 69

Vanilla Blueberry Lemon Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- ⅓ cup (50 g) fresh or frozen blueberries
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla whey, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil, lemon zest and lemon juice. Mix into a firm, fragrant dough. Carefully fold in the blueberries without crushing them too much. Drop spoonfuls onto a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 12 to 15 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~74 g
Per cookie: ~7.4 g

✅ Perfect Doneness

Soft, lightly golden bottom, visible blueberries. A moister texture; the surface should be firm.

💡 Tips

If using frozen blueberries, don't thaw them first.
For selling: a vanilla, blueberry and lemon protein cookie.

🧊 Storage

Because it has fruit: refrigerate up to 5 days. Frozen: 30 days.

RECIPE 70

Chocolate Protein Cookies with an Almond Butter Filling

🌾Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🌰Filling

- 4 tbsp almond butter
- 1 tbsp powdered sweetener (optional)
- ½ tsp vanilla extract
- 1 pinch of salt

👩‍🍳Directions

Mix the almond butter with the sweetener, vanilla extract and a pinch of salt.
Form 10 small portions and freeze for 10 to 15 minutes. In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, moldable dough. Take a portion of dough, flatten it in your palm, place the cold filling in the center and seal well. Place the cookies on a parchment-lined baking sheet and flatten just slightly. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~84 g
Per cookie: ~8.4 g

✅Perfect Doneness

Firm outside, creamy in the center. The dough must be well sealed.

💡 Tips

For a more elegant version, decorate with sliced almonds. Let cool completely before packing.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Let sit a few minutes at room temp or warm slightly.

RECIPE 71

Chocolate Sliced Almond Whey Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp melted coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ⅓ cup (30 g) sliced almonds
- ¼ cup (1½ oz) sugar-free chocolate, chopped (optional)
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳Directions

In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, slightly moist dough. Fold in some of the sliced almonds and the chopped sugar-free chocolate, if using. Roll into medium balls, flatten gently and press a few sliced almonds on top. Bake in a preheated oven at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~79 g
Per cookie: ~7.9 g

✅Perfect Doneness

Set at the edges, soft in the center. The almonds on top lightly golden, not burnt.

💡 Tips

Sliced almonds really improve the presentation. For selling, add visible pieces of sugar-free chocolate on top.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 72

Vanilla Coconut Cream Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp thick coconut cream
- ⅓ cup (25 g) unsweetened shredded coconut
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla protein, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil, coconut cream and vanilla extract. Mix into a moist, fragrant dough. If it's too dry, add a tablespoon of plant milk. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~73 g
Per cookie: ~7.3 g

✅ Perfect Doneness

Barely golden at the edges, soft in the center. Coconut cream helps keep the texture moister.

💡 Tips

Use thick coconut cream, not runny milk.
For presentation, sprinkle shredded coconut on top before baking.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 73

Hazelnut-Filled Chocolate Whey Protein Cookies

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🌰 Filling

- 4 tbsp sugar-free hazelnut spread

- 1 tbsp unsweetened cocoa powder
- 1 tbsp powdered sweetener (optional)

- 1 tsp coconut oil (if the spread is very thick)

👩‍🍳 Directions

Mix the hazelnut spread with the cocoa and sweetener. If it's very thick, add a teaspoon of coconut oil. Form 10 small portions of filling and freeze for 10 to 15 minutes. In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, moldable dough. Flatten a portion of dough in your palm, place the cold filling in the center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~84 g
Per cookie: ~8.4 g

✅ Perfect Doneness

Firm outside, creamy inside. The filling should stay inside the dough without opening.

💡 Tips

Don't use too much filling. For a better look, press chopped hazelnuts onto the dough before baking.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Let sit a few minutes at room temp before serving.

RECIPE 74

Oatmeal Apple Vanilla Whey Protein Cookies

🌾 Ingredients

- ¾ cup (70 g) certified gluten-free oat flour
- ½ cup (50 g) vanilla whey protein
- ½ cup (60 g) grated apple
- 1 egg
- 2 tbsp almond butter
- 1 tbsp coconut oil
- 1 tbsp coconut flour
- ¼ cup (50 g) baking sweetener (optional)
- 1 tsp ground cinnamon
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

Grate the apple and gently press it with paper towels to remove excess liquid. In a bowl, mix the gluten-free oat flour, vanilla whey, coconut flour, cinnamon, sweetener, baking powder and salt. Add the egg, almond butter, coconut oil and grated apple. Mix into a moist, slightly soft dough. Drop spoonfuls onto a parchment-lined baking sheet and flatten gently. Bake at 180 °C (350 °F) for 12 to 15 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~73 g
Per cookie: ~7.3 g

✅ Perfect Doneness

Soft, moist and fragrant.
Firm surface, lightly golden bottom.

💡 Tips

Don't use too much apple. For more texture, add chopped walnuts or sliced almonds.

🧊 Storage

Because it has fruit: refrigerate up to 5 days. Frozen: 30 days.

RECIPE 75

Sugar-Free White Chocolate Berry Sugar-Free White Chocolate Macadamia

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- ¼ cup (35 g) chopped macadamia nuts
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix into a soft, moldable dough.
Fold in the sugar-free white chocolate and chopped macadamias. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~77 g
Per cookie: ~7.7 g

✅ Perfect Doneness

Pale, barely golden edges, soft center. The white chocolate slightly melted; crunchy macadamia.

💡 Tips

A very premium feel. For selling, press visible pieces of white chocolate and macadamia on top.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 76

Crunchy Peanut Chocolate Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 3 tbsp natural peanut butter

- 1 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (35 g) chopped peanuts, no sugar added
- 2 tbsp plant milk (if needed)

- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, peanut butter and coconut oil. Mix into a dense dough. If it's dry, add plant milk little by little. Fold in the chopped peanuts. Roll into medium balls and flatten slightly with a fork. Bake at 180 °C (350 °F) for

9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~88 g
Per cookie: ~8.8 g

✅ Perfect Doneness

Firm outside, dense inside, crunchy from the peanuts. It shouldn't be dry.

💡 Tips

Use peanuts with no sugar and not too much salt. A big seller with the fitness crowd. Decorate with peanuts and melted sugar-free chocolate.

🧊 Storage

Up to 4 days at room temp. Refrigerated: 10 days. Frozen: 45 days.

RECIPE 77

Lemon Almond Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- Zest of 1 lemon
- 1 tbsp lemon juice
- ¼ cup (30 g) chopped almonds
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil, lemon zest and juice. Mix into a fresh, soft, moldable dough. Fold in the chopped almonds. Roll into medium balls, flatten slightly and place them on parchment paper. Bake at 180 °C (350 °F) for

10 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~74 g
Per cookie: ~7.4 g

✅Perfect Doneness

Pale, barely golden on the bottom, soft in the center.
The lemon should taste fresh, not bitter.

💡 Tips

Use only the yellow/green part of the peel. For a finer look, press sliced almonds on top before baking.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 7 days.
Frozen: 30 days.

RECIPE 78

Berry-Filled Vanilla Whey Protein Cookies

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

🍓 Filling

- ½ cup (75 g) chopped berries
- 1 tbsp baking sweetener
- 1 tsp chia seeds
- 1 tsp lemon juice

👩‍🍳 Directions

Put the berries, sweetener and lemon juice in a small skillet. Cook over low heat for 3 to 5 minutes, until they release liquid and form a thick compote. Add the chia, stir and let cool. Chill 10 minutes so it thickens more. In a bowl, mix the almond flour, vanilla whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix into a firm dough. Flatten a portion of dough in your palm, place a little of the cold filling in the center and seal well.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~80 g
Per cookie: ~8 g

✅ Perfect Doneness

Pale and soft, with a slightly moist berry center. The filling must be cold and thick before using.

💡 Tips

Don't use a runny filling.
Chia helps it thicken.
For selling: a berry-filled protein cookie with no added sugar.

🧊 Storage

Refrigerated: 5 days.
Frozen: 30 days in a tightly sealed container.

RECIPE 79

Cocoa Almond Coffee Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 1 tbsp instant coffee
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp hot plant milk
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳Directions

Dissolve the instant coffee in the hot plant milk and let it cool a little. In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt.
Add the egg, coconut oil and coffee milk. Mix into a dark, firm, fragrant dough. Fold in the chopped almonds.
Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 10 to 12 minutes.

💪Protein

Makes: 10 cookies
Per batch: ~75 g
Per cookie: ~7.5 g

✅Perfect Doneness

Firm outside, soft inside, coffee and cocoa aroma. It shouldn't be bitter.

💡Tips

Ideal for grown-ups and gourmet boxes. You can add chopped sugar-free chocolate.
Present it as a mocha almond protein cookie.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 8 days.
Frozen: 45 days.

RECIPE 80

Unflavored Whey Coconut Cinnamon Protein Cookies

🌾 Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) unflavored whey protein
- ⅓ cup (25 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳 Directions

In a bowl, mix the almond flour, unflavored whey, shredded coconut, sweetener, cinnamon, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract. Mix into a firm, fragrant dough. If it's too dry, add a tablespoon of plant milk. Roll into medium balls, flatten slightly and place them on parchment paper. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~81 g
Per cookie: ~8.1 g

✅ Perfect Doneness

Lightly golden at the edges, soft in the center. The unflavored whey balanced with coconut, cinnamon and vanilla.

💡 Tips

If the whey has a strong taste, add more vanilla or some lemon zest. Sell it as a coconut cinnamon protein cookie.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 81

Peanut Butter-Filled Chocolate Whey Protein Cookies

🌾Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp melted coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🥜Filling

- 4 tbsp natural peanut butter
- 1 tbsp powdered sweetener (optional)
- 1 tsp coconut oil (if very thick)
- 1 pinch of salt

👩‍🍳Directions

In a small bowl, mix the peanut butter with the sweetener, coconut oil and pinch of salt. Form 10 small portions and freeze for 10 to 15 minutes. In another bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm, moldable dough. Take a portion of dough, flatten it in your palm, place the cold filling in the center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪Protein

Makes: 10 cookies
Per batch: ~87 g
Per cookie: ~8.7 g

✅Perfect Doneness

Firm outside, creamy peanut butter center. Don't overbake or the dough dries out and loses its creaminess.

💡Tips

Seal the edges well. A very strong seller: chocolate, protein and a creamy filling. Decorate with chopped peanuts or melted chocolate.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Warm slightly before eating.

RECIPE 82

Vanilla Almond Blueberry Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- ⅓ cup (50 g) fresh or frozen blueberries
- 1 tbsp coconut flour
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla protein, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract. Mix into a firm, fragrant dough. Carefully fold in the blueberries so they don't break too much. Drop spoonfuls onto a parchment-lined baking sheet and flatten gently. Bake at 180 °C (350 °F) for 12 to 15 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~75 g
Per cookie: ~7.5 g

✅ Perfect Doneness

Soft, lightly golden bottom, moist center. The blueberries should be visible and lightly cooked.

💡 Tips

If using frozen blueberries, don't thaw them before mixing. Press a few visible blueberries on top.

🧊 Storage

Because it has fruit: refrigerate up to 5 days. Frozen: 30 days.

RECIPE 83

Chocolate Cacao Nib Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- 2 tbsp cacao nibs
- ¼ cup (1½ oz) sugar-free chocolate, chopped (optional)
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a dark, firm, slightly moist dough. Add the cacao nibs and the chopped sugar-free chocolate for a more intense result, if you like. Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~72 g
Per cookie: ~7.2 g

✅Perfect Doneness

Set at the edges, soft in the center. Cacao nibs add crunch and intensity without making the cookie bitter.

💡 Tips

Cacao nibs have a strong flavor; don't use too many. Ideal for people who prefer less sweet, more intense flavors.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 84

Vanilla Cinnamon Nutmeg Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp ground cinnamon
- 1 pinch of nutmeg
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla whey, sweetener, cinnamon, nutmeg, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract. Mix into a soft, fragrant, moldable dough. If it's too dry, add a tablespoon of plant milk. Roll into medium balls and flatten gently. Place them on a parchment-lined baking sheet and bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~80 g
Per cookie: ~8 g

✅ Perfect Doneness

Lightly golden at the edges, soft in the center. The spices should feel warm and balanced without covering the vanilla.

💡 Tips

Don't use too much nutmeg.
For selling, decorate with sliced almonds or a dusting of cinnamon once cool.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 85

Cocoa Coconut Cream Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp thick coconut cream
- ⅓ cup (65 g) sugar-free baking sweetener
- ⅓ cup (25 g) unsweetened shredded coconut
- 2 tbsp plant milk (if needed)

- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil and coconut cream. Mix into a moist, dense dough. If it's too dry, add a little plant milk. Roll into medium balls, flatten slightly and place them on parchment paper. Bake at 180 °C (350 °F) for

10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~75 g
Per cookie: ~7.5 g

✅ Perfect Doneness

Firm outside, soft inside.
Coconut cream helps keep the texture moister, even after cooling.

💡 Tips

Use thick coconut cream. For presentation, sprinkle shredded coconut on each cookie before baking.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 86

Strawberry Almond Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) strawberry whey protein
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (30 g) chopped almonds
- ⅓ cup (50 g) chopped strawberries
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

Wash, dry and chop the strawberries into small pieces. If they're very juicy, press them with paper towels.
In a bowl, mix the almond flour, strawberry whey, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil and vanilla extract. Mix into a firm dough. Carefully fold in the strawberries and chopped almonds. Drop spoonfuls onto a parchment-lined baking sheet and flatten gently. Bake at 180 °C (350 °F) for 12 to 15 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~76 g
Per cookie: ~7.6 g

✅ Perfect Doneness

Soft, lightly golden bottom, visible strawberry pieces. The texture will be moister because of the fresh fruit.

💡 Tips

Don't use too much strawberry. A very attractive look for photos and social media.

Sell it as a sugar-free, gluten-free strawberry almond protein cookie.

🧊 Storage

Because it has fruit: refrigerate up to 4 days. Frozen: 30 days.

RECIPE 87

Chocolate Tahini Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp tahini
- 1 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (1½ oz) sugar-free chocolate, chopped (optional)
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, tahini, coconut oil and plant milk. Mix into a creamy, firm, moldable dough.

Fold in the chopped sugar-free chocolate for a more intense result, if you like. Roll into medium balls and flatten gently. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~77 g
Per cookie: ~7.7 g

✅ Perfect Doneness

Firm outside, soft in the center.
Tahini adds creaminess and a slightly toasty flavor without turning bitter.

💡 Tips

If the tahini is very strong, use just 1 tbsp and make up the rest with almond butter. Sell it as a chocolate toasted-sesame protein cookie.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 88

Sugar-Free Cookies & Cream
Cream Protein Cookies with White Chocolate

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) cookies & cream whey protein
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener (optional)
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk (if needed)

👩‍🍳 Directions

In a bowl, mix the almond flour, cookies & cream whey, sweetener if using, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract. Mix into a firm, fragrant dough. If it's dry, add a tablespoon of plant milk. Fold in the chopped sugar-free white chocolate. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~81 g
Per cookie: ~8.1 g

✅ Perfect Doneness

Pale, barely golden edges, soft center. The white chocolate should be slightly melted and visible.

💡 Tips

Taste for sweetness before baking. Very commercial thanks to its name and look. Press visible pieces of white chocolate on top.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 45 days.

RECIPE 89

Vanilla Mixed Seed Protein Cookies

🌾Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- 1 tbsp chia seeds
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳Directions

In a bowl, mix the almond flour, vanilla protein, sweetener, chia, sunflower and pumpkin seeds, baking powder and salt. Add the egg, coconut oil, vanilla extract and plant milk. Mix until you get a firm, slightly rustic dough. Let rest

3 minutes so the chia absorbs some moisture. Roll into medium balls, flatten gently and place them on parchment paper.
Bake at 180 °C (350 °F) for 11 to 14 minutes.

💪Protein

Makes: 10 cookies
Per batch: ~71 g
Per cookie: ~7.1 g

✅Perfect Doneness

Firm outside, soft inside, crunchy from the seeds. The bottom should be lightly golden.

💡Tips

Don't use too many seeds or the cookie gets dry or heavy.
Sell it as a vanilla protein cookie with a seed mix.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 90

Chocolate Whey Protein Cookies with a Sugar-Free Caramel Filling

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🍮 Caramel Filling

- 3 tbsp almond or peanut butter
- 1 tbsp coconut oil
- 1 tbsp powdered sweetener
- ½ tsp vanilla extract
- 1 pinch of salt

👩‍🍳 Directions

Mix the almond or peanut butter with the coconut oil, sweetener, vanilla extract and salt into a thick cream. Form 10 small portions and freeze for 10 to 15 minutes. In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix into a firm dough. Flatten a portion of dough, place the cold filling in the center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~85 g
Per cookie: ~8.5 g

✅ Perfect Doneness

Firm outside, creamy filling in the center. The filling must be cold before baking so it doesn't leak.

💡 Tips

Very sellable: it looks like a dessert-filled cookie.
Don't use too much filling. Finish with a tiny pinch of sea salt on top.

🧊 Storage

Refrigerated: 7 days.
Frozen: 45 days.
Warm slightly before eating.

RECIPE 91

Vanilla Whey Protein Cookies with a Sugar-Free White Chocolate Filling

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

🍫 Filling

- ⅓ cup (2 oz) sugar-free white chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp thick coconut cream (optional)

👩‍🍳 Directions

Melt the sugar-free white chocolate with the coconut oil. For a creamier filling, add the thick coconut cream and mix well. Chill the filling 10 to 15 minutes until firmer and easy to handle. In a bowl, mix the almond flour, vanilla whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix into a firm, soft, moldable dough. If it's too dry, add a tablespoon of plant milk. Take a portion of dough, flatten it in your palm, place a little of the cold filling in the center and seal well. Place the cookies on a parchment-lined baking sheet and bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~80 g
Per cookie: ~8 g

✅ Perfect Doneness

Pale, barely golden edges, creamy center. The filling must be cold before baking so it doesn't leak.

💡 Tips

Don't use too much filling — white chocolate melts easily. Press sugar-free white chocolate chips on top before baking.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Let sit a few minutes at room temp before serving.

RECIPE 92

Chocolate Almond Orange Zest Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- Zest of 1 orange
- 1 tbsp fresh orange juice
- ¼ cup (30 g) chopped almonds
- 2 tbsp plant milk (if needed)

- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, orange zest and orange juice.

Mix until you get a firm, fragrant dough. If it's dry, add one or two tablespoons of plant milk. Gently fold in the chopped almonds. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~75 g
Per cookie: ~7.5 g

✅ Perfect Doneness

Set at the edges, soft in the center, with a balanced chocolate-orange aroma. Lightly golden bottom.

💡 Tips

Use only the orange part of the peel, avoiding the white pith so it isn't bitter.

A gourmet profile; press sliced almonds on top.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 93

Triple-Texture Chocolate Whey Protein Cookies

🌾 Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp natural peanut butter

- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- 2 tbsp cacao nibs
- 2 tbsp chopped almonds
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, peanut butter and plant milk.

Mix into a dense, moist dough.
Fold in the cacao nibs, chopped almonds and sugar-free chocolate. Roll into medium balls, flatten gently and place them on a parchment-lined baking sheet. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~88 g
Per cookie: ~8.8 g

✅ Perfect Doneness

Firm outside, soft inside, with crunch in every bite.

The center shouldn't be dry.

💡 Tips

Great to sell as a premium protein cookie thanks to the mix of textures. Leave some pieces visible on top before baking.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 94

Lemon-Filled Vanilla Protein Cookies

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

🍋 Lemon Filling

- 3 tbsp thick coconut cream
- 1 tbsp lemon juice
- Finely grated zest of ½ lemon
- 1 tbsp powdered sweetener
- 1 tsp coconut flour (if it needs thickening)

👩‍🍳 Directions

Mix the coconut cream, lemon juice, zest and sweetener into a cream. If it's too runny, add a teaspoon of coconut flour. Chill the filling 10 to 15 minutes so it firms up. In a bowl, mix the almond flour, vanilla protein, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract.

Mix until you get a firm, moldable dough.
Flatten a portion of dough in your palm, add a little of the cold filling and seal well. Place the cookies on a parchment-lined baking sheet and bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~77 g
Per cookie: ~7.7 g

✅ Perfect Doneness

Pale, soft and with a creamy lemon filling. The filling shouldn't be runny or it can leak during baking.

💡 Tips

Don't use too much zest to avoid bitterness.
Sell it as a sugar-free, gluten-free lemon cream-filled protein cookie.

🧊 Storage

Refrigerated: 5 days. Frozen: 30 days. Let sit a few minutes at room temp before serving.

RECIPE 95

Unflavored Whey Cocoa Hazelnut Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) unflavored whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp sugar-free hazelnut spread

- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (35 g) chopped hazelnuts
- 2 tbsp plant milk (if needed)

- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, unflavored whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, hazelnut spread and vanilla extract. Mix into a dense, moldable dough. If it's too dry, add plant milk little by little.

Fold in the chopped hazelnuts. Roll into medium balls, flatten gently and place them on parchment paper. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~84 g
Per cookie: ~8.4 g

✅ Perfect Doneness

Set at the edges, moist in the center. The unflavored whey should be balanced with cocoa, vanilla and hazelnuts.

💡 Tips

Lightly toast the hazelnuts before using. Press hazelnut pieces on top. Sell it as a cocoa hazelnut protein cookie.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 96

Coconut Whey Almond Protein Cookies

🌾 Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) vanilla whey protein
- ½ cup (40 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp thick coconut cream
- ¼ cup (50 g) sugar-free baking sweetener
- ¼ cup (30 g) chopped almonds
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla whey, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil, coconut cream and vanilla extract.
Mix until you get a moist, fragrant, moldable dough. Fold in the chopped almonds.
Roll into medium balls, flatten slightly and place them on parchment paper. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~78 g
Per cookie: ~7.8 g

✅ Perfect Doneness

Lightly golden at the edges, soft in the center, coconut lightly toasted.

It shouldn't be dry.

💡 Tips

For more coconut flavor, use virgin coconut oil. For presentation, sprinkle shredded coconut on top before baking.

🧊 Storage

Up to 4 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 97

Raspberry-Filled Chocolate Protein Cookies

🌾 Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

🍓 Filling

- ½ cup (60 g) fresh or frozen raspberries
- 1 tbsp baking sweetener
- 1 tsp chia seeds
- 1 tsp lemon juice

👩‍🍳 Directions

Put the raspberries, sweetener and lemon juice in a small skillet. Cook over low heat for 3 to 5 minutes until it becomes a compote.
Add the chia, mix well and let cool. Then chill 10 minutes to thicken. In a bowl, mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a firm dough. Flatten a portion of dough in your palm, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~76 g
Per cookie: ~7.6 g

✅ Perfect Doneness

Firm outside, with a slightly moist, thick filling.

The chocolate-raspberry contrast should feel balanced.

💡 Tips

Don't use a hot or runny filling.
A premium look and flavor for special boxes.
Sell it as a raspberry-filled protein cookie with no added sugar.

🧊 Storage

Refrigerated: 5 days.
Frozen: 30 days in an airtight container.

RECIPE 98

Chocolate Sea Salt Almond Whey Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ¼ cup (30 g) chopped almonds
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of fine salt
- Flaky sea salt to finish (optional)

👩‍🍳 Directions

In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and fine salt. Add the egg, coconut oil and plant milk. Mix into a firm, moist dough. Fold in the chopped sugar-free chocolate and almonds. Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet. Sprinkle a small amount of flaky sea salt on top. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~82 g
Per cookie: ~8.2 g

✅ Perfect Doneness

Set at the edges, soft in the center, slightly melted chocolate. The sea salt should enhance the cocoa, not make the cookie salty.

💡 Tips

A gourmet profile for premium individual packaging. Don't overdo the sea salt. Leave chocolate and almonds visible on top.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 99

Vanilla Matcha Protein Cookies

🌾 Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 tsp matcha powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (1½ oz) sugar-free white chocolate, chopped (optional)
- ½ tsp baking powder
- 1 pinch of salt

👩‍🍳 Directions

In a bowl, mix the almond flour, vanilla protein, matcha, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla extract. Mix into a soft, firm, slightly green dough. Fold in the sugar-free white chocolate for a sweeter, more visual version, if you like.

Roll into medium balls, flatten slightly and place them on a parchment-lined baking sheet.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~78 g
Per cookie: ~7.8 g

✅ Perfect Doneness

Pale, without browning too much to keep the matcha color. Soft center, a delicate flavor with an herbal touch.

💡 Tips

Start with a little matcha to avoid bitterness.
Sophisticated and premium; pairs beautifully with white chocolate for visual contrast.

🧊 Storage

Up to 5 days at room temp.
Refrigerated: 8 days.
Frozen: 30 days.

☆ RECIPE 100 — VOLUME FINALE

Premium Chocolate-Filled Whey Brownie Protein Cookies

🌾 Ingredients — Dough

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond or peanut butter

- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

🍫 Filling

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp almond or peanut butter

👩‍🍳 Directions

Melt the filling chocolate with the coconut oil. Add the almond or peanut butter and stir into a thick cream. Chill 10 to 15 minutes so the filling firms up. In a bowl, mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, almond or peanut butter and plant milk. Mix into a dense, moist dough like a firm brownie batter. Fold in the chopped sugar-free chocolate.

Take a portion of dough, flatten it in your palm, place a little of the cold filling in the center and seal well. Place the cookies on a parchment-lined baking sheet without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

💪 Protein

Makes: 10 cookies
Per batch: ~88 g
Per cookie: ~8.8 g

✅ Perfect Doneness

Firm outside, moist inside, with a creamy chocolate center. Like a brownie: dense, soft and slightly creamy.

💡 Tips

Don't overbake. If the center is too dry, it loses its premium texture. Sell it as a sugar-free, gluten-free filled protein brownie cookie.

🧊 Storage

Refrigerated: 7 days. Frozen: 45 days. Warm a few seconds to bring back the creamy center.

Volume 2 Complete!

You've reached the end of **Recipes 51 to 100** of our collection of sugar-free, gluten-free protein cookies. Every recipe was carefully developed to give you delicious, nutritious, high-protein options.

50 Recipes Exclusive

From chocolate and vanilla classics to premium flavors like pistachio, matcha, dulce de leche and filled brownie.

High in Protein

Every recipe includes the exact yield and approximate protein per cookie, so you can inform your customers with confidence.

Sugar-Free and Gluten-Free

Every recipe is made with ingredients with no added sugar and no gluten, ideal for a healthy lifestyle.

Continue with **Volume 3 — Recipes 101 to 150** to complete your collection of 150+ premium protein cookies.

VOLUME 3

Recipes 101 to 150

> Welcome to this collection of sugar-free, gluten-free protein cookies. Here you'll find recipes designed for more nutritious, delicious cookies with more protein, ideal for enjoying at home or creating standout products to sell.

🍪 Sugar-Free

Sugar-free baking sweeteners in every recipe

🌾 Gluten-Free

Alternative flours and certified gluten-free oats

💪 High in Protein

Whey and plant proteins for more nutrition

RECIPE 101

Chocolate Whey Protein Cookies with Peanut Butter and Almonds

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 3 tbsp natural peanut butter

- 1 tbsp melted coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk, if needed

- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,9g

Protein per cookie

Directions

Mix the almond flour, chocolate whey, cocoa, sweetener, baking powder and salt. Add the egg, peanut butter and coconut oil. Mix into a dense, firm dough. If the dough is too dry, add the plant milk little by little. Fold in the chopped almonds and roll into medium balls.

Flatten slightly and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, soft inside, dense texture from the peanut butter. Don't overbake.

💡 Tips

Press visible almonds on top before baking. Finish with a drizzle of sugar-free chocolate once cool.

❄️Storage

Airtight: 4 days.
Refrigerated: 10 days.
Frozen: 45 days.

RECIPE 102

Vanilla Protein Cookies with an Almond Butter Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 4 tbsp almond butter
- 1 tbsp powdered sweetener
- ½ tsp vanilla extract
- 1 pinch of salt

10

Cookies

8,4g

Protein per cookie

Directions

Mix the filling ingredients into a thick cream. Divide into 10 portions and freeze 10–15 minutes. Mix the dry dough ingredients, then add the egg, coconut oil, almond butter and vanilla. Form a firm dough. Flatten each portion in your palm, place the cold filling and seal well. Bake at 180 °C (350 °F) for

10 to 13 minutes.

✅Perfect Doneness

Barely golden at the edges, soft inside with a creamy center. The filling must be cold before baking.

💡 Tips

Don't flatten the cookies too much. Decorate with sliced almonds on top for a premium look.

❄️Storage

Refrigerated: 7 days. Frozen: 45 days. Let sit a few minutes at room temperature before serving.

RECIPE 103

Chocolate Cashew Coconut Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (35 g) chopped cashews
- ¼ cup (20 g) unsweetened shredded coconut
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,7g

Protein per cookie

Directions

Mix the almond flour, chocolate protein, cocoa, sweetener, shredded coconut, baking powder and salt. Add the egg, coconut oil and plant milk. Mix until you get a firm dough. Fold in the cashews.

Shape medium cookies, flatten slightly and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, lightly toasted coconut and crunchy cashews that aren't burnt.

💡 Tips

Lightly toast the cashews before using.
Put visible coconut and cashews on top for selling.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 104

Vanilla Whey Pear Walnut Protein Cookies

Ingredients

- ¾ cup (70 g) gluten-free oat flour
- ½ cup (50 g) vanilla whey protein
- ½ cup (70 g) grated or finely chopped pear
- 1 egg
- 2 tbsp almond butter
- 1 tbsp coconut flour
- 1 tbsp coconut oil
- ¼ cup (50 g) baking sweetener, optional
- ¼ cup (30 g) chopped walnuts
- 1 tsp ground cinnamon
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,5g

Protein per cookie

Directions

Grate the pear and remove excess liquid with paper towels. Mix the gluten-free oat flour, whey, coconut flour, cinnamon, sweetener, baking powder and salt. Add the egg, almond butter, coconut oil and pear. Fold in the walnuts. Drop portions onto the baking sheet and flatten. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist and fragrant. Firm surface and lightly golden bottom.

💡 Tips

Don't use a pear that's too ripe. Ideal for a protein breakfast line. Sell it as a premium homestyle flavor.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 105

Pistachio-Filled Cocoa Protein Cookies

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 4 tbsp sugar-free pistachio paste
- 1 tbsp powdered sweetener, optional
- 1 tsp coconut oil
- 1 tbsp chopped pistachios

10

Cookies

8,2g

Protein per cookie

Directions

Mix the pistachio paste with the sweetener, coconut oil and chopped pistachios. Divide into 10 portions and freeze 10–15 minutes.
Mix the dry dough ingredients, then add the egg, coconut oil and plant milk. Form a firm dough. Flatten each portion, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside with a creamy pistachio center. Don't overdo the filling.

💡 Tips

High perceived value. If you don't have paste, blend pistachios with coconut oil. Decorate with pistachios on top.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 106

Chocolate Coffee Walnut Whey Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 1 tbsp instant coffee
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp hot plant milk
- ¼ cup (30 g) chopped walnuts
- ¼ cup (1½ oz) sugar-free chocolate, chopped, optional
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8g

Protein per cookie

Directions

Dissolve the instant coffee in the hot plant milk and let it cool slightly. Mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and coffee milk. Fold in the walnuts and chocolate. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, soft inside, a balanced coffee-cocoa aroma. It shouldn't be bitter or dry.

💡 Tips

Works great for grown-ups and gourmet boxes. Present it as a mocha walnut protein cookie.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 107

Vanilla Coconut Sugar-Free White Chocolate Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ⅓ cup (25 g) unsweetened shredded coconut
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp thick coconut cream
- ¼ cup (50 g) sugar-free baking sweetener
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,5g

Protein per cookie

Directions

Mix the almond flour, vanilla protein, shredded coconut, sweetener, baking powder and salt. Add the egg, coconut oil, coconut cream and vanilla extract. Fold in the chopped white chocolate. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale, barely golden edges, soft center.
White chocolate slightly melted and visible.

💡 Tips

A delicate, premium look. Press pieces of white chocolate and coconut on top before baking.

❄️Storage

Airtight: 5 days.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 108

Chocolate Protein Cookies with a Banana Peanut Butter Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ½ ripe banana, mashed
- 2 tbsp natural peanut butter

- 1 tsp unsweetened cocoa powder
- 1 tsp coconut flour, if it needs thickening

10

Cookies

8,1g

Protein per cookie

Directions

Mix the mashed banana with the peanut butter and cocoa. If it's too runny, add coconut flour. Freeze 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling in the center and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside and moist in the center. The filling should be thick before baking.

💡 Tips

An intense flavor: chocolate, banana and peanut butter. Don't use too much banana. Keep refrigerated since it contains fruit.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 109

Vanilla Whey Apple Cinnamon Almond Protein Cookies

Ingredients

- ¾ cup (70 g) gluten-free oat flour
- ½ cup (50 g) vanilla whey protein

- ½ cup (60 g) grated apple
- 1 egg
- 2 tbsp almond butter
- 1 tbsp coconut oil
- 1 tbsp coconut flour
- ¼ cup (50 g) baking sweetener, optional
- 1 tsp ground cinnamon
- ¼ cup (30 g) chopped almonds
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,6g

Protein per cookie

Directions

Grate the apple and remove excess juice. Mix the dry ingredients with the oats, whey, coconut flour, cinnamon and salt. Add the egg, almond butter, coconut oil and grated apple. Fold in the almonds. Drop portions onto the baking sheet and bake at 180 °C (350 °F) for
12 to 15 minutes.

✅Perfect Doneness

Soft, fragrant, lightly golden bottom.
A moister texture than a traditional cookie.

💡 Tips

Excellent to sell as a protein breakfast cookie.
Don't store warm in a closed container.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 110

Intense Chocolate Protein
Intense Whey Protein Cookies with a Creamy
Coconut Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ½ cup (40 g) unsweetened shredded coconut
- 2 tbsp thick coconut cream
- 1 tbsp powdered sweetener
- 1 tsp coconut oil
- ½ tsp vanilla extract

10

Cookies

8,2g

Protein per cookie

Directions

Mix the shredded coconut, coconut cream, sweetener, coconut oil and vanilla. Chill 10–15 minutes. Mix the dough ingredients into a dark dough. Flatten portions of dough, add the coconut filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, moist inside, creamy coconut filling. The outer dough is intense but not dry.

💡 Tips

Seal the edges well. Decorate with shredded coconut and melted sugar-free chocolate for a premium look.

❄️Storage

Refrigerated: 7 days. Frozen: 45 days. Let come to room temperature before serving.

RECIPE 111

Chocolate Whey Protein Cookies with Almonds and Hazelnut Spread

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp sugar-free hazelnut spread

- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (30 g) chopped almonds
- 2 tbsp plant milk, if needed

- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,6g

Protein per cookie

Directions

Mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and hazelnut spread.
Mix into a dense, creamy dough. If it's dry, add plant milk. Fold in the chopped almonds. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Set at the edges, soft in the center. Take them out while the center still looks a little soft.

💡 Tips

A very premium profile: chocolate, hazelnuts and almonds. Finish with a drizzle of sugar-free chocolate for selling.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 112

Strawberry-Filled Vanilla Protein Cookies

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ½ cup (75 g) chopped strawberries
- 1 tbsp baking sweetener
- 1 tsp chia seeds
- 1 tsp lemon juice

10

Cookies

7,7g

Protein per cookie

Directions

Cook the strawberries with the sweetener and lemon juice over low heat for 4–6 minutes. Add the chia and chill 10 minutes to thicken. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for
10 to 13 minutes.

✅Perfect Doneness

Pale, soft, with a thick strawberry filling. Seal the dough well so the filling doesn't leak.

💡 Tips

The filling must be cold and thick. Looks great in photos with the cookie broken in half.

❄️ Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 113

Cocoa Macadamia Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (35 g) chopped macadamia nuts
- ¼ cup (1½ oz) sugar-free chocolate, chopped, optional
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,6g

Protein per cookie

Directions

Mix the almond flour, chocolate protein, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and plant milk. Fold in the chopped macadamias and chocolate, if using. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside, soft inside. Lightly toasted macadamias.

The chocolate shouldn't burn.

💡 Tips

High perceived value thanks to the macadamias, ideal for gourmet boxes. Press visible pieces on top.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 114

Coconut Lemon-Filled Vanilla Whey Protein Cookies

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ½ cup (40 g) unsweetened shredded coconut
- 2 tbsp thick coconut cream
- Finely grated zest of 1 lemon
- 1 tsp lemon juice
- 1 tbsp powdered sweetener

10

Cookies

8,1g

Protein per cookie

Directions

Mix the shredded coconut, coconut cream, lemon zest, lemon juice and sweetener. Chill 10 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, soft, with a moist coconut-lemon filling. Set edges, a center that isn't dry.

💡 Tips

A fresh, different recipe. Don't use too much lemon juice or the filling will be runny.

❄️ Storage

Refrigerated: 7 days.
Frozen: 30 days.

RECIPE 115

Chocolate Almond Butter Cinnamon Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 3 tbsp almond butter
- 1 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- ½ tsp ground cinnamon
- 2 tbsp plant milk, if needed
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,3g

Protein per cookie

Directions

Mix the almond flour, chocolate protein, cocoa, sweetener, cinnamon, baking powder and salt. Add the egg, almond butter and coconut oil. If it's dry, add plant milk. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, a subtle cinnamon background. Dense, not dry.

💡 Tips

A more elegant flavor than peanut versions. For selling, decorate with sliced almonds or melted chocolate.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 116

Sugar-Free Cookies & Cream
Cream Protein Cookies with a Chocolate Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) cookies & cream whey protein
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) baking sweetener, optional
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp almond or peanut butter

10

Cookies

8,4g

Protein per cookie

Directions

Melt the sugar-free chocolate with the coconut oil. Add the almond or peanut butter and stir into a thick cream. Chill 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Soft, slightly set edges and a creamy filling.
Don't brown them too much so they stay pale.

💡 Tips

Taste for sweetness before adding sweetener. A very commercial name that works well in photos.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 117

Oatmeal Carrot Walnut Whey Protein Cookies

Ingredients

- ¾ cup (70 g) gluten-free oat flour
- ½ cup (50 g) vanilla whey protein

- ½ cup (55 g) finely grated carrot
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- ¼ cup (30 g) chopped walnuts
- 1 tsp ground cinnamon
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,6g

Protein per cookie

Directions

Finely grate the carrot and press it with paper towels if it's very wet. Mix the dry ingredients. Add the egg, coconut oil, almond butter and carrot.

Mix into a moist, fragrant dough.
Fold in the walnuts. Drop portions onto the baking sheet, flatten and bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist, with a carrot cake aroma.
Firm surface and lightly golden bottom.

💡 Tips

Ideal to sell as a carrot cake-style protein cookie. Press visible walnuts on top before baking.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 118

Chocolate Protein Cookies with a Creamy Coffee Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Coffee Filling

- 3 tbsp almond butter
- 1 tsp instant coffee
- 1 tbsp powdered sweetener
- 1 tsp coconut oil
- 1 tsp hot plant milk

10

Cookies

8,2g

Protein per cookie

Directions

Dissolve the coffee in the hot plant milk. Mix with the almond butter, sweetener and coconut oil. Divide into portions and freeze 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside, creamy filling and a mild coffee flavor. Cold, thick filling so it doesn't leak.

💡 Tips

A grown-up, gourmet profile, ideal for premium boxes.

Present it as a coffee-filled chocolate protein cookie.

❄️ Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 119

Vanilla Whey Protein Cookies with Sugar-Free Dark Chocolate

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (2 oz) sugar-free dark chocolate, chopped
- ¼ cup (30 g) chopped almonds, optional
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,1g

Protein per cookie

Directions

Mix the almond flour, whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla. Fold in the dark chocolate and almonds. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, lightly golden edges, soft center.
Chocolate barely melted and visible on top.

💡 Tips

A simple, very commercial recipe. Press extra chocolate pieces on top before baking.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 120

Whey Walnut Brownie Protein Cookies with a Creamy Center

Ingredients — Dough

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp peanut or almond butter

- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (30 g) chopped walnuts
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

For the Creamy Center

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp peanut or almond butter

10

Cookies

9g

Protein per cookie

Directions

Melt the creamy-center chocolate with the coconut oil. Add the nut butter and mix. Chill 10–15 minutes. Mix the dough ingredients into a dense dough. Fold in the walnuts and chocolate. Flatten portions, place the cold creamy center and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, moist inside. A dense brownie texture with a creamy chocolate center.

💡 Tips

A premium flavor in the catalog. Don't overbake. Warm a few seconds before serving to bring back the center.

❄️ Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 121

Chocolate Whey Cashew Butter Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 3 tbsp natural cashew butter

- 1 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk, if needed

- ¼ cup (35 g) chopped cashews
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,5g

Protein per cookie

Directions

Mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, cashew butter and coconut oil.
Mix into a creamy, firm dough. If it's dry, add plant milk. Fold in the chopped cashews. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, creamy from the cashew butter. Not dry or crumbly.

💡 Tips

A more delicate, premium flavor than peanut.
Press visible cashews on top before baking.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 122

Vanilla Protein Cookies with a Cashew Cream Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 4 tbsp natural cashew butter
- 1 tbsp powdered sweetener, optional
- ½ tsp vanilla extract
- 1 tbsp chopped cashews
- 1 pinch of salt

10

Cookies

8,3g

Protein per cookie

Directions

Mix the cashew butter with the sweetener, vanilla, cashews and salt into a thick cream. Divide into 10 portions and freeze
10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well.
Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Lightly golden at the edges, soft inside with a creamy center.
Cold filling before baking.

💡 Tips

A premium look, a more delicate flavor. Don't flatten too much. Decorate with cashews on top.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 123

Coffee Whey Dark Chocolate Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla or chocolate whey protein
- 1 tbsp instant coffee
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp hot plant milk
- ⅓ cup (2 oz) sugar-free dark chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,8g

Protein per cookie

Directions

Dissolve the instant coffee in the hot plant milk and let it cool slightly. Mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil and coffee milk. Fold in the chopped dark chocolate. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, soft inside, slightly melted chocolate. Coffee enhances the chocolate without too much bitterness.

💡 Tips

A grown-up, gourmet profile. Chocolate whey gives a more intense result; vanilla, a more balanced one.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 124

Lemon Whey Chia Seed Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- ¼ cup (50 g) sugar-free baking sweetener
- Zest of 1 lemon
- 1 tbsp lemon juice
- 1 tbsp chia seeds
- 2 tbsp plant milk
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,5g

Protein per cookie

Directions

Mix the chia with the plant milk and let sit 5 minutes. Mix the almond flour, whey, coconut flour, sweetener, baking powder and salt. Add the egg, coconut oil, lemon zest, lemon juice and hydrated chia. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 12 minutes.

✅Perfect Doneness

Pale, barely golden on the bottom, soft in the center. Chia adds texture and lemon leaves a fresh flavor.

💡 Tips

Avoid the white pith so it isn't bitter.
Great for varying the catalog with a lighter flavor.

❄️Storage

Airtight: 4 days.
Refrigerated: 7 days.
Frozen: 30 days.

RECIPE 125

Chocolate Protein Cookies with an Almond Coconut Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 3 tbsp almond butter
- 3 tbsp unsweetened shredded coconut
- 1 tbsp powdered sweetener
- 1 tsp coconut oil
- ½ tsp vanilla extract

10

Cookies

8,3g

Protein per cookie

Directions

Mix the almond butter, shredded coconut, sweetener, coconut oil and vanilla into a thick paste. Divide into 10 portions and freeze 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside, a moist almond-coconut center. A soft chocolate dough that isn't dry.

💡 Tips

High perceived value. Seal the edges well. Decorate with shredded coconut and sliced almonds on top.

❄️ Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 126

Banana Chocolate Walnut Whey Protein Cookies

Ingredients

- 1 medium ripe banana
- ½ cup (50 g) chocolate or vanilla whey protein
- ¾ cup (70 g) gluten-free oat flour
- 1 egg
- 2 tbsp natural peanut butter

- 2 tbsp unsweetened cocoa powder, if using vanilla whey
- ¼ cup (30 g) chopped walnuts
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,8g

Protein per cookie

Directions

Mash the banana into a puree. Add the egg and peanut butter. Mix until creamy. Add the whey, gluten-free oat flour, coconut flour, cocoa if needed, baking powder and salt. Fold in the walnuts and chocolate. Drop portions onto the baking sheet and flatten. Bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist, protein-snack texture.
Firm surface and lightly golden bottom.

💡 Tips

Use a very ripe banana for better flavor. Works well for breakfast, snacks or healthy bundles.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 127

Vanilla Pistachio Lemon Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- Zest of 1 lemon
- 1 tsp vanilla extract
- ⅓ cup (40 g) chopped pistachios
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8g

Protein per cookie

Directions

Mix the almond flour, protein, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter, lemon zest and vanilla extract. Fold in the chopped pistachios. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅ Perfect Doneness

Pale, barely golden at the edges and soft in the center. Lemon adds freshness without covering the pistachio.

💡 Tips

Use unsalted pistachios. Decorate with visible pistachios and fine lemon zest once cool.

❄️ Storage

Airtight: 5 days.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 128

Chocolate Whey Protein Cookies with a Cocoa Cream Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 3 tbsp almond or peanut butter
- 1 tbsp unsweetened cocoa powder
- 1 tbsp powdered sweetener
- 1 tsp coconut oil
- 1 tsp plant milk, if it needs softening

10

Cookies

8,6g

Protein per cookie

Directions

Mix the nut butter with the cocoa, sweetener, coconut oil and plant milk. Divide into portions and freeze 10–15 minutes.
Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside with a creamy cocoa center.
Cold, thick filling so they hold their shape.

💡 Tips

A simple, intense recipe for chocolate lovers. Don't use too much filling. Decorate with cacao nibs.

❄️ Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 129

Almond Unflavored-Whey Chocolate Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) unflavored whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ⅓ cup (2 oz) sugar-free chocolate, chopped
- ¼ cup (25 g) sliced almonds
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk, if needed

10

Cookies

8,4g

Protein per cookie

Directions

Mix the almond flour, unflavored whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla. Fold in the sugar-free chocolate. Roll into medium balls, flatten gently and press sliced almonds on top. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, lightly golden edges and melted chocolate in the center.
A soft texture, not dry.

💡 Tips

Ideal for using up unflavored whey. Vanilla and chocolate balance the neutral taste of the whey.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 130

Chocolate Whey Nut Brownie Protein Cookies

Ingredients

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond or peanut butter

- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (35 g) chopped cashews
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,8g

Protein per cookie

Directions

Mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, nut butter and plant milk. Mix into a dense, brownie-like dough. Fold in the nuts and chocolate.

Shape taller cookies without flattening too much. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside and moist inside, with a dense brownie texture. Don't bake until completely dry.

💡 Tips

Great commercial appeal. Present it as a sugar-free, gluten-free protein brownie cookie with nuts.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 131

Chocolate Whey Protein Cookies with an Almond Cocoa Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 3 tbsp almond butter
- 1 tbsp unsweetened cocoa powder
- 1 tbsp powdered sweetener
- 1 tsp coconut oil
- 1 tbsp chopped almonds

10

Cookies

8,6g

Protein per cookie

Directions

Mix the almond butter, cocoa, sweetener, coconut oil and chopped almonds. Divide into portions and freeze
10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, soft inside, with a creamy almond-cocoa filling. Moist center, outer dough not dry.

💡 Tips

Great perceived value. Decorate with chopped almonds and a drizzle of sugar-free chocolate.

❄️Storage

Refrigerated: 7 days. Frozen: 45 days. Let sit a few minutes at room temperature before serving.

RECIPE 132

Vanilla Mango Coconut Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- ⅓ cup (55 g) ripe mango, cut into small cubes
- 1 egg
- 2 tbsp coconut oil
- ¼ cup (20 g) unsweetened shredded coconut
- 1 tbsp coconut flour
- ¼ cup (50 g) sugar-free baking sweetener, optional
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7g

Protein per cookie

Directions

Cut the mango into small cubes. If it's very juicy, pat it dry with paper towels. Mix the dry ingredients. Add the egg, coconut oil and vanilla extract. Carefully fold in the mango. Drop portions onto the baking sheet, flatten gently and bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, slightly moist with visible mango pieces. Golden bottom, tender center.

💡 Tips

Use firm mango to avoid excess liquid.
A different tropical profile; present it as a mango coconut protein cookie.

❄️Storage

Refrigerated: 4 days.
Frozen: 30 days.

RECIPE 133

Vanilla Whey Protein Cookies with a Chocolate Coconut Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 2 tbsp unsweetened shredded coconut
- 1 tbsp coconut oil
- 1 tbsp thick coconut cream

10

Cookies

8,2g

Protein per cookie

Directions

Melt the chocolate with the coconut oil. Add the shredded coconut and coconut cream. Chill 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, lightly golden at the edges, with a creamy chocolate-coconut filling. Don't overbake.

💡 Tips

Looks great broken in half. Seal the edges well and sprinkle shredded coconut over the dough.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 134

Chocolate Plant-Protein Seed Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate plant protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 3 tbsp plant milk
- 1 tbsp chia seeds
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,3g

Protein per cookie

Directions

Mix the almond flour, plant protein, cocoa, sweetener, seeds, baking powder and salt. Add the egg, coconut oil and plant milk. Let the dough rest 3 minutes so the chia absorbs the moisture. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside, soft inside, crunchy from the seeds. Don't overbake.

💡 Tips

A good option for people who prefer plant protein. Always state the type of protein used when you sell.

❄️Storage

Airtight: 4 days.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 135

Chocolate Orange Hazelnut Whey Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- Zest of 1 orange
- 1 tbsp fresh orange juice
- ¼ cup (35 g) chopped hazelnuts
- ¼ cup (1½ oz) sugar-free chocolate, chopped, optional
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8g

Protein per cookie

Directions

Mix the almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, orange zest and orange juice. Fold in the chopped hazelnuts and sugar-free chocolate, if using. Roll into medium balls, flatten gently and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Set at the edges, soft in the center, a balanced aroma of chocolate, orange and hazelnut. Lightly golden bottom.

💡 Tips

Use only the orange part of the peel. A premium gourmet profile. Press visible hazelnuts on top before baking.

❄️ Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 136

Vanilla Protein Cookies with a Blueberry Chia Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ½ cup (75 g) fresh or frozen blueberries
- 1 tbsp baking sweetener
- 1 tsp chia seeds
- 1 tsp lemon juice

10

Cookies

7,8g

Protein per cookie

Directions

Cook the blueberries with the sweetener and lemon juice over low heat for 4–6 minutes. Add the chia, stir and chill 10 minutes to thicken. Mix the dough ingredients into a firm dough. Flatten portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale, soft, with a thick blueberry filling. Firm outside, not dry.

💡 Tips

The filling must be cold and thick. Very pretty thanks to the color. Present it as a blueberry-filled protein cookie.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 137

Chocolate Whey Protein Cookies with a Sugar-Free Dulce de Leche Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 4 tbsp sugar-free dulce de leche
- 1 tbsp almond or peanut butter
- 1 tsp coconut flour, if it needs thickening

10

Cookies

8,2g

Protein per cookie

Directions

Mix the sugar-free dulce de leche with the butter. If it's too runny, add coconut flour. Divide into portions and freeze 10–
15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well.
Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, soft inside, creamy filling. The filling must be cold before baking.

💡 Tips

A very commercial name. Use dulce de leche that's truly free of added sugar. Present it as a dulce de leche-filled protein cookie.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 138

Oatmeal Whey Cocoa Almond Protein Cookies

Ingredients

- ¾ cup (70 g) gluten-free oat flour
- ½ cup (50 g) chocolate whey protein
- ¼ cup (24 g) almond flour
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (30 g) chopped almonds
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

8,2g

Protein per cookie

Directions

Mix the gluten-free oat flour, almond flour, whey, cocoa, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and plant milk. Fold in the chopped almonds. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 11 to 14 minutes.

✅Perfect Doneness

Firm outside, soft inside, chewier from the oats.

Golden bottom, not dry.

💡 Tips

An excellent protein snack for breakfast or snack time. For a crunchier texture, flatten more before baking.

❄️Storage

Airtight: 4 days.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 139

Vanilla Protein Cookies with a Pistachio White Chocolate Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 3 tbsp sugar-free pistachio paste
- 2 tbsp melted sugar-free white chocolate
- 1 tbsp chopped pistachios
- 1 tsp coconut oil, if it needs softening

10

Cookies

8,3g

Protein per cookie

Directions

Mix the pistachio paste with the melted white chocolate, chopped pistachios and coconut oil if needed. Chill 10–15 minutes.
Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale, soft, creamy pistachio center. Don't brown too much so it keeps a more elegant look.

💡 Tips

Extremely high perceived value.

A premium flavor in the book. Decorate with chopped pistachios on top before baking.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 140

Intense Chocolate Protein

Supreme Whey Protein Cookies with a Triple Filling

Ingredients — Dough

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp peanut or almond butter
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 2 tbsp melted sugar-free chocolate
- 2 tbsp natural peanut butter
- 1 tbsp sugar-free hazelnut spread
- 1 tsp coconut oil, if it needs softening

10

Cookies

9,1g

Protein per cookie

Directions

Mix the melted chocolate, peanut butter, hazelnut spread and coconut oil.
Divide into portions and freeze 10–15 minutes. Mix the dough ingredients into a dense, moist dough. Fold in the chopped chocolate. Flatten portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, moist inside, an intense creamy center. A dense filled-brownie texture, not dry at all.

💡 Tips

A premium flavor ideal for standing out in the catalog. Don't overdo the filling. Present it as a supreme protein cookie.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days. Warm a few seconds to bring back the creamy center.

RECIPE 141

Vanilla Whey Almond White Chocolate Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ¼ cup (25 g) sliced almonds
- ¼ cup (1½ oz) sugar-free white chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt
- 1 tbsp plant milk, if needed

10

Cookies

8,2g

Protein per cookie

Directions

Mix the almond flour, whey, sweetener, baking powder and salt. Add the egg, coconut oil, almond butter and vanilla. Fold in the chopped white chocolate and some of the sliced almonds.

Roll into medium balls, flatten gently and press the rest of the almonds on top. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, barely golden edges, soft center.
White chocolate slightly melted without darkening too much.

💡 Tips

A premium look, ideal for sales photos. Don't overbake to keep the texture soft.

❄️Storage

Airtight: 5 days.
Refrigerated: 9 days.
Frozen: 45 days.

RECIPE 142

Chocolate Protein Cookies with a Creamy Hazelnut Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 4 tbsp sugar-free hazelnut spread
- 1 tbsp chopped hazelnuts
- 1 tsp unsweetened cocoa powder
- 1 tsp coconut oil, if it needs softening

10

Cookies

8,3g

Protein per cookie

Directions

Mix the hazelnut spread with the cocoa, chopped hazelnuts and coconut oil if it's very thick. Divide into portions and freeze 10–
15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well.
Place on the baking sheet and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Firm outside with a creamy center. A soft outer dough, not dry or crumbly.

💡 Tips

High commercial value. Seal the edges well so the filling doesn't leak.
Decorate with chopped hazelnuts.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 143

Chocolate Whey Banana Almond Protein Cookies

Ingredients

- 1 medium ripe banana
- ½ cup (50 g) chocolate whey protein
- ¾ cup (70 g) gluten-free oat flour
- 1 egg
- 2 tbsp almond butter
- 1 tbsp unsweetened cocoa powder
- ¼ cup (30 g) chopped almonds
- 1 tbsp coconut flour
- ½ tsp baking powder
- 1 pinch of salt
- 2 tbsp baking sweetener, optional

10

Cookies

7,7g

Protein per cookie

Directions

Mash the banana with a fork into a puree. Add the egg and almond butter. Mix until smooth and creamy. Add the whey, gluten-free oat flour, cocoa, coconut flour, baking powder, salt and sweetener if using. Fold in the chopped almonds. Drop portions onto the baking sheet, flatten and bake at 180 °C (350 °F) for 12 to 15 minutes.

✅Perfect Doneness

Soft, moist, protein-snack texture. Firm surface and lightly golden bottom.

💡 Tips

Use a very ripe banana.
If the dough is too wet, add an extra tablespoon of gluten-free oat flour.

❄️ Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 144

Vanilla Protein Cookies with a Chocolate Almond Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla protein powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp almond butter
- 1 tbsp chopped almonds

10

Cookies

8,2g

Protein per cookie

Directions

Melt the chocolate with the coconut oil. Add the almond butter and chopped almonds.
Chill 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Pale, gently golden edges, creamy filling in the center. The dough isn't dry; the contrast with the filling is essential.

💡 Tips

Looks very attractive broken in half. Don't use a warm filling. Decorate with sliced almonds on top.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 145

Chocolate Coconut Cream Almond Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate protein powder
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp thick coconut cream
- ⅓ cup (65 g) sugar-free baking sweetener
- ¼ cup (30 g) chopped almonds
- ¼ cup (20 g) unsweetened shredded coconut
- 2 tbsp plant milk, if needed

- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,8g

Protein per cookie

Directions

Mix the almond flour, protein, cocoa, sweetener, shredded coconut, baking powder and salt. Add the egg, coconut oil and coconut cream. If it's too dry, add plant milk.
Fold in the chopped almonds. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 10 to 13 minutes.

✅Perfect Doneness

Set at the edges, soft in the center. Lightly toasted coconut, a moist dough that isn't dry.

💡 Tips

A good option for people who like chocolate with a tropical touch. Decorate with visible coconut and almonds.

❄️Storage

Airtight: 5 days.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 146

Vanilla Whey Protein Cookies with a Coffee Cream Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp almond butter
- ¼ cup (50 g) sugar-free baking sweetener
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- 3 tbsp almond butter
- 1 tsp instant coffee
- 1 tsp hot plant milk
- 1 tbsp powdered sweetener
- 1 tsp coconut oil

10

Cookies

8,4g

Protein per cookie

Directions

Dissolve the instant coffee in the hot plant milk. Mix with the almond butter, sweetener and coconut oil. Divide into portions and freeze 10–15 minutes. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, soft, creamy coffee center. A balanced flavor where vanilla softens the coffee.

💡 Tips

A sophisticated, premium profile. Don't use too much coffee to avoid bitterness. Decorate with sliced almonds.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days.

RECIPE 147

Chocolate Whey Protein Cookies with a Berry Filling

Ingredients — Dough

- 1 cup (96 g) almond flour
- ½ cup (50 g) chocolate whey protein
- 2 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ½ tsp baking powder
- 1 pinch of salt

For the Filling

- ½ cup (75 g) chopped berries
- 1 tbsp baking sweetener
- 1 tsp chia seeds
- 1 tsp lemon juice

10

Cookies

8,1g

Protein per cookie

Directions

Cook the berries with the sweetener and lemon juice over low heat for 4–6 minutes until it becomes a compote. Add the chia, stir and chill 10 minutes to thicken. Mix the dough ingredients, form portions, place the cold filling and seal well. Bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, moist inside, a thick berry filling. A balanced contrast between chocolate and fruit.

💡 Tips

Don't use a runny filling. Looks excellent in photos showing the inside. Present it as a berry-filled chocolate protein cookie.

❄️Storage

Refrigerated: 5 days.
Frozen: 30 days.

RECIPE 148

Vanilla Whey Macadamia Coconut Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) vanilla whey protein

- 1 egg
- 2 tbsp coconut oil
- 2 tbsp thick coconut cream
- ¼ cup (50 g) sugar-free baking sweetener
- ¼ cup (35 g) chopped macadamia nuts
- ¼ cup (20 g) unsweetened shredded coconut
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 pinch of salt

10

Cookies

7,9g

Protein per cookie

Directions

Mix the almond flour, whey, shredded coconut, sweetener, baking powder and salt.
Add the egg, coconut oil, coconut cream and vanilla extract. Fold in the chopped macadamias. Roll into medium balls, flatten and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Pale, barely golden edges, soft center.
Crunchy macadamias, but not too toasted.

💡 Tips

A premium, delicate profile for special boxes.
Press visible macadamias on top before baking.

❄️Storage

Airtight: 5 days.
Refrigerated: 8 days.
Frozen: 30 days.

RECIPE 149

Cocoa Unflavored-Whey Peanut Butter Protein Cookies

Ingredients

- 1 cup (96 g) almond flour
- ½ cup (50 g) unflavored whey protein

- 2 tbsp unsweetened cocoa powder
- 1 egg
- 3 tbsp natural peanut butter

- 1 tbsp coconut oil
- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk, if needed

- ¼ cup (35 g) chopped peanuts, optional
- ½ tsp baking powder
- 1 tsp vanilla extract
- 1 pinch of salt

10

Cookies

8,8g

Protein per cookie

Directions

Mix the almond flour, unflavored whey, cocoa, sweetener, baking powder and salt.
Add the egg, peanut butter, coconut oil and vanilla extract. If it's dry, add plant milk. Fold in the chopped peanuts for more texture, if you like. Roll into medium balls, press with a fork and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, dense inside, a balanced cocoa-peanut flavor. It shouldn't be dry.

💡 Tips

Very useful for using up unflavored whey. If the flavor is strong, add more cocoa or vanilla extract.

❄️Storage

Airtight: 4 days.
Refrigerated: 10 days.
Frozen: 45 days.

RECIPE 150

☆ FINAL RECIPE — VOLUME 3

Final Whey Hazelnut Brownie Protein Cookies with a Creamy Center

Ingredients — Dough

- ¾ cup (72 g) almond flour
- ½ cup (50 g) chocolate whey protein

- 3 tbsp unsweetened cocoa powder
- 1 egg
- 2 tbsp coconut oil
- 2 tbsp sugar-free hazelnut spread

- ⅓ cup (65 g) sugar-free baking sweetener
- 2 tbsp plant milk
- ¼ cup (35 g) chopped hazelnuts
- ¼ cup (1½ oz) sugar-free chocolate, chopped
- ½ tsp baking powder
- 1 pinch of salt

For the Creamy Center

- ⅓ cup (2 oz) sugar-free chocolate, chopped
- 1 tbsp coconut oil
- 1 tbsp sugar-free hazelnut spread

10

Cookies

9,1g

Protein per cookie

Directions

Melt the filling chocolate with the coconut oil.
Add the hazelnut spread and stir into a thick cream. Chill 10–15 minutes. Mix the dough ingredients into a dense, moist dough. Fold in the chopped hazelnuts and sugar-free chocolate. Flatten portions of dough, place the cold creamy center and seal well. Place on the baking sheet and bake at 180 °C (350 °F) for 9 to 12 minutes.

✅Perfect Doneness

Firm outside, moist inside, a creamy chocolate-hazelnut center.
A dense brownie texture that isn't dry.

💡 Tips

A premium final recipe. Don't overbake. Present it as a sugar-free, gluten-free protein brownie cookie filled with chocolate and hazelnut.

❄️Storage

Refrigerated: 7 days.
Frozen: 45 days. Warm a few seconds to bring back the creamy center.

You've completed Volume 3!

Recipes 101 to 150 — 50 sugar-free, gluten-free protein cookie recipes

🍫 Intense Chocolate

Recipes with chocolate whey, cocoa and creative fillings for pure chocolate lovers.

🌿 Premium Flavors

Pistachio, hazelnut, macadamia and gourmet combinations for a high-value line.

🍋 Fresh Touches

Lemon, orange, blueberry and berries to vary your catalog with lighter options.

Remember: every recipe in this volume has no added sugar and no gluten. Always keep fruit cookies in the fridge and enjoy them within the stated times for the best flavor and freshness.

Revisit Volume 1 and Volume 2 to complete your collection of **150+ Sugar-Free, Gluten-Free Protein Cookie Recipes.**