



Confetti Cake Protein Cookies

Ingredients

- Garbanzo beans 1 can, drained (240 g)
- MusclePharm Combat Powder, Vanilla 2 scoops (67 g)
- Granulated Stevia or erythritol 1/2 cup
- Coconut flour 1/4 cup (28 g)
- Coconut sugar (or brown sugar) 3 tbsp (36 g)
- Whole egg 1 large
- Natural applesauce 1/2 cup (113 g)
- Milk 2 tbsp
- Vanilla extract 1 tsp
- Rainbow cake sprinkles 2 tbsp



Directions

1. Preheat oven to 350 degrees F.
2. Drain garbanzo beans and rinse well. Add garbanzo beans, egg, applesauce, milk, and vanilla extract to food processor. Process until smooth.
3. Add Stevia, coconut sugar, protein powder, and coconut flour, and process again. Lastly, add sprinkles, and pulse a few times to incorporate.
4. Scoop cookies onto cookie sheet about 1/4 cup at a time. There should be enough batter to make 10 cookies.
5. Bake for 8-10 minutes. Cook longer if you like them more done, but cooking less gives more of a moist cake texture instead of drying the cookies out.

Note: You may need more or less milk depending on the protein powder. Batter should be a thick cookie-dough consistency.

