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Frosted Protein Sugar Cookies

Cookie Ingredients

Vanilla protein powder 80 g Coconut flour 6 tbsp Pyure Organic Stevia Blend 1/4 cup Baking soda 1/4 tsp Creamy cashew butter 2 tbsp Smart Balance Buttery Spread 2 tbsp Water 3 tbsp (adjust as needed) Egg whites 2 tbsp (1 large) VitaFiber syrup 1 tbsp Vanilla extract 1/2 tsp Salt 1/4 tsp (optional)

Frosting Ingredients

Swerve confectioner's erythritol (or powdered sugar) 1/2 cup Tapioca starch 1 tbsp Unsweetened almond milk (or milk of choice) 2 tbsp Smart Balance Buttery Spread 1 tbsp

Directions

- 1. Preheat oven to 350 degrees F.
- 2. Whisk together the dry cookie ingredients in a small mixing bowl.
- 3. Add the wet ingredients and mix until a dough forms.
- 4. Line a baking sheet with parchment paper, or lightly spray it with cooking spray.
- 5. Using a tablespoon, measure out dough and form it into balls, placing them roughly 2 inches apart on the sheet.
- 6. Press the balls flat to roughly half an inch thick using the back of a spatula or your hand.
- 7. Bake for 8-10 minutes until the edges are firm but the center is still soft (cookies will set upon cooling). I flattened mine a little fresher out of the oven with the back of a spatula.
- 8. While the cookies cool, combine the frosting ingredients in a separate mixing bowl until smooth.

- 9. Spread frosting over cookies and decorate with sprinkles if desired.
- 10. Cookies can be stored at room temperature for several days or frozen up to a month.

Nutrition Facts:

Serving size: 1 cookie (with frosting)

Recipe yields 12 servings

Calories: 81 Fat: 4.8 g Carbs: 5 g Protein: 5 g