



## EDIBLE PROTEIN COOKIE DOUGH

High Protein / Low-Carb / Sugar-Free

Recipe by Deedee (@healthyeatswithdeedee) and featured on [MariGoldFoods.com](https://www.MariGoldFoods.com)

*"Cookie dough has always been one of my favorite treats, and I think I finally nailed this recipe! Who doesn't want to eat cookie dough straight from the spoon while getting in that extra protein?"*

- Deedee

### INGREDIENTS:

- 1/2 C light butter
- 2 Tbsp brown sweetener (I used @wholeearthsweetener)
- 2 Tbsp sugar-free syrup
- 1 1/4 C oat or almond flour
- 1/3 C MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 Tsp vanilla extract
- Dash of salt
- 1-2 Tbsp almond milk
- 1/2 C chocolate chips (I used @choczero) or other add-ins.

### DIRECTIONS

1. Mix butter & sweetener until smooth.
2. Add syrup & vanilla extract and mix.
3. Add all dry ingredients and mix. Gradually add almond milk until desired consistency.
4. Stir in chocolate chips.

### NOTE:

I like to divide this cookie dough into 4-6 portions and put them in small containers in the fridge to pull out for a sweet treat. You can also freeze this dough. Depending on how you portion it out, it's pretty low calorie too. When I did 6 portions it was just 160 calories per serving. You can even use it as a frosting or in other desserts.



Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Powder  
([MariGoldFoods.com](https://www.MariGoldFoods.com))

