



## PROTEIN-PACKED WORKOUT COOKIES

High-Protein / Gluten-Free / Low-Carb / Lactose Free

Recipe Featured on [MariGoldFoods.com](https://MariGoldFoods.com)

### INGREDIENTS:

- 1 cup almond flour
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder (OR your preferred flavor)
- 1/2 cup nut butter (almond, peanut, or cashew - for keto-friendly make sure there are no added sugars)
- 1/4 cup honey or maple syrup (or a keto-friendly sweetener of choice)
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- Pinch of salt
- Optional: Dark chocolate chips or chopped nuts



### DIRECTIONS:

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, combine almond flour, Whey Isolate Protein Powder, baking soda, and a pinch of salt.
3. In a separate bowl, mix nut butter, honey (or maple syrup), and vanilla extract until well combined.
4. Gradually add the dry ingredients to the wet ingredients, stirring until a dough forms. If desired, fold in dark chocolate chips or chopped nuts.
5. Scoop spoonfuls of dough and form them into cookies. Place them on the prepared baking sheet, leaving some space between each.
6. Bake in the preheated oven for 10-12 minutes or until the edges are golden brown. Keep an eye on them to prevent over-baking.
7. Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

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

