

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

20 PROTEIN COOKIES THAT WILL BEAT YOUR SHAKES ANY DAY



You already know your post-workout meal should have a fair amount of protein and carbohydrates. Shakes make this easy but after a while, they can get stale.

Well, when the blender gets boring, it's time to switch to the oven and give protein cookies a try.

01. Double Chocolate Protein Biscotti

Serves 10

Add a protein boost to your coffee, but not by mixing or blending any protein powder into your drink.

These chocolate biscotti have nearly 15 grams of protein per cookie thanks to egg whites, Greek yogurt, protein powder, and PB2. And they still end up with that dry biscuit texture that's perfect to dunk into a cup of coffee.

Nutrition Facts (Per Serving) 145 CALORIES | 15 g PROTEIN | 17 g CARBS | 3 g FAT

INGREDIENTS

- ✓ 6 egg whites
- ✓ 1/2 cup unsweetened applesauce
- ✓ 1/2 cup low-fat plain Greek yogurt
- ✓ 1 1/2 cups oat flour
- ✓ 2 scoops (1/2 cup) WHEY+ chocolate protein isolate
- ✓ 1/2 cup PB2
- ✓ 1/2 cup unsweetened cocoa powder
- ✓ 1 tsp. baking soda
- ✓ 3/4 cup baking stevia
- ✓ 1 tsp. salt
- ✓ 2 Tbsp. mini chocolate chips

02. Flourless Chocolate Protein Cookies

Serves 14

No one will be the wiser when you serve these chocolate cookies, which are like fudgy brownies but with better nutrition.

Most of the flour is replaced with chickpeas, as well as two scoops of chocolate whey protein. To round out the flavor, these chocolate cookies have almond butter and shredded coconut. They're naturally sweetened with agave and dates.

Nutrition Facts (Per Serving) 209 CALORIES | 11 g PROTEIN | 26 g CARBS | 8 g FAT

INGREDIENTS

- ✓ 1/4 cup unsweetened cocoa powder
- ✓ 1/4 tsp. ground cinnamon
- ✓ 2 scoops (1/2 cup) WHEY+ chocolate protein isolate
- ✓ 1 1/2 cups cooked chickpeas
- ✓ 1/4 cup + 2 Tbsp. agave nectar
- ✓ 1/2 cup natural almond butter
- ✓ 5 pitted dates
- ✓ 1/4 cup warm water
- ✓ 1 Tbsp. vanilla extract
- ✓ 2 Tbsp. ground flaxseed
- ✓ 1 tsp. baking powder
- ✓ 1/2 cup egg whites
- ✓ 1/3 cup unsweetened shredded coconut

03. Dark Chocolate Orange Protein Cookies

Serves 20

Let's face it: there's no way to improve on the classic chocolate chip cookie. But there are new methods to enjoy one of America's favorite flavors. This no-bake chocolate chip cookie comes together quickly with vanilla protein powder, oat flour, peanut butter, and brown rice syrup. And there's a boost of fresh flavor from orange zest and juice.

Nutrition Facts (Per Serving) 156 CALORIES | 7 g PROTEIN | 24 g CARBS | 5 g FAT

INGREDIENTS

- | | |
|----------------------------|--------------------------------|
| ✓ 1 Tbsp. orange zest | ✓ 1/2 cup peanut butter |
| ✓ 2 Tbsp. coconut sugar | ✓ 3/4 cup brown rice syrup |
| ✓ 3 cups oat flour | ✓ 1 Tbsp. fresh orange juice |
| ✓ 2 scoops (1/2 cup) WHEY+ | ✓ 1/4 cup unsweetened almond |
| vanilla protein isolate | milk (add more if necessary) |
| ✓ 1/2 tsp. salt | ✓ 1/2 cup dark chocolate chips |

04. Lemon Chia Seed Protein Cookies

Serves 12

Lemon cookies are a great add fresh fruit no matter what the season. And these are a great twist on lemon poppy seed, using chia seeds instead. They have similar amounts of protein, but chia seeds have fewer calories and more fiber. Either way, the seeds provide similar texture in these soft and chewy lemon cookies.

Nutrition Facts (Per Serving) 88 CALORIES | 6 g PROTEIN | 12 g CARBS | 3 g FAT

INGREDIENTS

- | | |
|-------------------------|----------------------------|
| ✓ 1/4 cup coconut flour | ✓ 2 scoops (1/2 cup) WHEY+ |
| | vanilla protein isolate |

- ✓ 3/4 tsp. baking powder
- ✓ 1/2 tsp. xanthan gum
- ✓ 1/4 tsp. salt
- ✓ 1 Tbsp. chia seeds
- ✓ 1 Tbsp. lemon zest
- ✓ 1 1/2 Tbsp. coconut oil or butter, melted
- ✓ 1 large egg, room temp.
- ✓ 1 tsp. vanilla extract
- ✓ 3 Tbsp. lemon juice
- ✓ 1/4 cup agave syrup
- ✓ 2 Tbsp. Swerve (or sweetener of choice)
- ✓ 2 Tbsp. Truvia (or sweetener of choice)

05. Meringue Protein Cookies

Serves 4

Meringue is made from egg whites, and that makes it a great component for any protein dessert. It works wonders in these creative protein cookies because, when whipped, egg whites get really light and fluffy. That gives them unbelievable macros: 9 calories a cookie with a gram and a half of protein each.

Nutrition Facts (Per Serving) 54 CALORIES | 9 g PROTEIN | 3 g CARBS | 1 g FAT

INGREDIENTS

- ✓ 4 egg whites
- ✓ 1/2 tsp. cream of tartar
- ✓ 1 scoop peanut butter whey protein powder
- ✓ 2 packets stevia
- ✓ 1 Tbsp. flaxseed meal
- ✓ 3 Tbsp. water

06. Peanut Butter Protein Cookies





Serves 12

Peanut butter might be the most obvious way to add protein to a cookie, but the standard peanut butter dessert is primarily sugar and fat. To boost the protein, replace the flour with protein powder.

These 4-ingredient protein cookies can also be made vegan. To replace the egg, mix a tablespoon of flax or chia seeds with three tablespoons of water; let sit for 15 minutes before mixing it into the peanut butter cookie dough.

Nutrition Facts (Per Serving) 201 CALORIES | 10 g PROTEIN | 18 g CARBS | 11 g FAT

INGREDIENTS

-  1 cup creamy peanut butter
-  2/3 cup coconut sugar
-  1 large egg
-  2 scoops (1/2 cup) WHEY+ vanilla protein isolate

07. Banana Nut Protein Cookies

Serves 12

These protein cookies taste like Chunky Monkey ice cream with banana, walnuts, and chocolate chips.

It takes a handful of common ingredients to make them, and aside from the bananas, you can keep everything in the pantry so you're ready to bake on a moment's notice. The cookie dough is quick to throw together, so you can be enjoying a fresh batch of these cookies in about a half hour.

Nutrition Facts (Per Serving) 101 CALORIES | 7 g PROTEIN | 9 g CARBS | 5 g FAT

INGREDIENTS

-  2 medium bananas, mashed

- ✓ 2 scoops (1/2 cup) WHEY+ vanilla protein isolate
- ✓ 1/2 cup old-fashioned oats
- ✓ 1/2 cup almond meal
- ✓ 1/2 tsp. ground cinnamon
- ✓ 1/4 cup chocolate chips
- ✓ 1/4 cup walnuts, chopped

08. Chocolate Black Bean Protein Cookies

Serves 12

The secret ingredient in these gluten-free protein cookies is easy to hide because of the chocolate. Not only does it provide a cover for the color, but the chocolatey flavor is actually enhanced by the inclusion of black beans. Of course, the drizzle of rich dark chocolate on top doesn't hurt either, although it can be left off to save 25 calories per serving.

Nutrition Facts (Per Serving) 117 CALORIES | 5 g PROTEIN | 12 g CARBS | 6 g FAT

INGREDIENTS

- | | |
|---|------------------------------------|
| ✓ 1 can (14.5 oz.) black beans | ✓ 2 Tbsp. unsweetened cocoa powder |
| ✓ 1/4 cup butter, melted | ✓ 1 Tbsp. milk |
| ✓ 1 scoop WHEY+ chocolate protein isolate | ✓ 2 tsp. vanilla extract |
| ✓ 3 Tbsp. Manuka honey, melted | ✓ 1/2 tsp. baking powder |
| ✓ 2 Tbsp. millet flour | ✓ 1.75 oz. 80% dark chocolate |

09. Pumpkin Protein Cookies

Serves 24

When you can't get enough pumpkin, you've got to start finding low-sugar, highly nutritious ways to kill your cinnamon spice cravings. These low-calorie cookies are the answer.

Each soft pumpkin cookie has several grams of protein for less than 50 calories. And with no added sugar, these protein cookies can make a good breakfast or dessert.

Nutrition Facts (Per Serving) 35 CALORIES | 4 g PROTEIN | 2 g CARBS | 1 g FAT

INGREDIENTS

- ✓ 1/4 cup ground flaxseed
- ✓ 2 Tbsp. chia seeds
- ✓ 1/2 Tbsp. ground cinnamon
- ✓ 3 large eggs
- ✓ 2 tsp. vanilla extract
- ✓ 1/4 cup unsweetened almond milk
- ✓ 1/4 cup stevia in the raw
- ✓ 2 scoops (1/2 cup) WHEY+ vanilla protein isolate
- ✓ 1 tsp. baking soda
- ✓ 1 tsp. baking powder
- ✓ 1 can (15 oz.) pumpkin puree

10. Low-Carb Snickerdoodle Protein Cookies

Serves 16

These taste like the snickerdoodles that you're used to baking, and yet there's enough flavor to do without sugar and flour. A touch of sweetness comes from stevia, but you might not need it because there's so much flavor from the cashew butter and mayo.

Nutrition Facts (Per Serving) 113 CALORIES | 9 g PROTEIN | 4 g CARBS | 7 g FAT

INGREDIENTS

- | | |
|---|------------------------------|
| ✓ 2/3 cup cashew butter | ✓ 1 tsp. vanilla extract |
| ✓ 2 large eggs | ✓ 1 tsp. ground cinnamon |
| ✓ 1/4 cup mayonnaise | ✓ Few drops of liquid stevia |
| ✓ 4 scoops (1 cup) WHEY+
vanilla protein isolate | |

11. Avocado Chocolate Protein Cookies

Serves 14

One of the easiest tricks to making healthier cookies is to replace the fat with mashed fruit, like bananas or applesauce, but when you want something rich and chocolatey, add creamy avocado to the cookie batter.

Nutrition Facts (Per Serving) 68 CALORIES | 5 g PROTEIN | 9 g CARBS | 2 g FAT

INGREDIENTS

- | | |
|---|------------------------------------|
| ✓ 1/2 large avocado, mashed | ✓ 4 Tbsp. unsweetened cocoa powder |
| ✓ 2 medium ripe bananas, mashed | ✓ 3 Tbsp. dark chocolate chips |
| ✓ 2 scoops (1/2 cup) WHEY+
vanilla protein isolate | ✓ 1/2 cup rolled oats |

12. Oatmeal Raisin Protein Cookies

Serves 18

With 10 grams of protein each, these oatmeal raisin cookies are definitely a healthy dessert.

They're also lean with unsweetened applesauce and egg whites, and they don't contain any added sugar. Each cookie contains 4 grams of sugar from the raisins, cranberries, and apples. These protein-packed oatmeal cookies are awesome to grab for a quick breakfast.

Nutrition Facts (Per Serving) 127 CALORIES | 9 g PROTEIN | 18 g CARBS | 3 g FAT

INGREDIENTS

- ✓ 1 cup whole-wheat flour
- ✓ 2 cups rolled oats
- ✓ 3 scoops (3/4 cup) WHEY+ vanilla protein isolate
- ✓ 3/4 tsp. baking soda
- ✓ 3/4 tsp. baking powder
- ✓ 1/2 tsp. salt
- ✓ 1 Tbsp. ground cinnamon
- ✓ 1/2 tsp. freshly grated nutmeg
- ✓ 1 cup unsweetened applesauce
- ✓ 3/4 cup egg whites
- ✓ 1 tsp. vanilla extract
- ✓ 1/2 cup raisins
- ✓ 1/2 cup dried cranberries
- ✓ 1/2 cup chopped walnuts

13. Single-Serving Sugar Cookie

Serves 1

At the end of a long day, sometimes all you need is a cookie. But when there's a whole batch in the house, it can be hard to stop at one.

This sugar-free protein sugar cookie will be your weapon against sugary snacks when you're cutting back. Mix together the five ingredients, form the dough into a single cookie, and bake.

Nutrition Facts (Per Serving) 103 CALORIES | 9 g PROTEIN | 12 g CARBS | 2 g FAT

INGREDIENTS

- ✓ 2 Tbsp. coconut flour
- ✓ 1 Tbsp. WHEY+ vanilla protein isolate
- ✓ 1/4 tsp. baking powder
- ✓ 1/4 tsp. vanilla extract
- ✓ 4 Tbsp. unsweetened almond milk

14. Chocolate Chip Protein Cookie Bites

Serves 16

Don't have time to make chocolate chip cookies? Make this protein cookie dough, which can be enjoyed right away and stashed in the fridge.

Each cookie dough bite is about 100 calories and has 5 grams of protein. With a combo of dates, cashews, and protein powder, they offer good nutrition before or after you hit the gym.

Nutrition Facts (Per Serving) 104 CALORIES | 5 g PROTEIN | 15 g CARBS | 3 g FAT

INGREDIENTS

- ✓ 1 cup quick oats

- ✓ 1/2 cup raw cashews
- ✓ 2 scoops (1/2 cup) WHEY+ vanilla protein isolate
- ✓ 7 large Medjool dates, pitted
- ✓ 1/2 tsp. vanilla extract
- ✓ 2 Tbsp. + 1 tsp. chocolate chips

15. Protein Oreos

Serves 15

Instead of having Oreo sandwich cookies with crème in the middle, you can make an awesome filling of coconut flour and casein protein. Instead of minimizing protein like the original Oreo cookies, this recipe cuts down the sugar to just a gram.

Nutrition Facts (Per Serving) 77 CALORIES | 8 g PROTEIN | 6 g CARBS | 3 g FAT

INGREDIENTS

Chocolate Cookies:

- | | |
|---|---------------------------------|
| ✓ 1/3 cup coconut flour | ✓ 1/3 cup cocoa powder |
| ✓ 8 egg whites | ✓ 1 heaping scoop (40g) vanilla |
| ✓ 2 tsp. baking powder | casein protein powder |
| ✓ 1/2 cup oats | ✓ Stevia to taste |
| ✓ 1/3 cup chopped 85% dark
chocolate (about 1 1/2 oz.) | |

Cream Filling:

- | | |
|---------------------------------|---------------------------|
| ✓ 1 Tbsp. coconut flour | ✓ 1/2 cup + 1 Tbsp. water |
| ✓ 1 heaping scoop (40g) vanilla | (more as needed) |
| casein protein powder | |

16. Triple Ginger Protein Cookies

Serves 18

These protein cookies aren't just delicious; they're good enough to serve for the holidays. And if you love ginger, you'll want to make these year-round – but maybe not with the extra toppings.

If you want to add a chocolate drizzle, melt a bag of dark chocolate chips, and stir in a tablespoon of coconut oil and half a scoop of protein powder. Use a fork to create lines of chocolate on top.

Nutrition Facts (Per Serving) 161 CALORIES | 5 g PROTEIN | 21 g CARBS | 7 g FAT

INGREDIENTS

- ✓ 1 1/2 cups flour
- ✓ 3 scoops (3/4 cup) plant-based vanilla protein powder
- ✓ 1 tsp. baking soda
- ✓ 4 1/2 tsp. ground ginger
- ✓ 1/2 tsp. fine sea salt
- ✓ 1/2 cup coconut oil, melted
- ✓ 1/4 cup unsulphured molasses
- ✓ 2/3 cup granulated sugar
- ✓ 1 1/2 tsp. fresh ginger, peeled and grated
- ✓ 1 large egg, well beaten
- ✓ Zest of 2 lemons
- ✓ 1 1/2 cups crystallized ginger, finely minced

17. Cookies & Cream Protein Cheesecake Cookies

Serves 7

With vanilla whey protein powder, coconut flour, and cream cheese, you can make a protein-packed cheesecake that's served up in the form of cookies. The batter couldn't be easier to make.

Stir everything together, divide the dough, and shape. Add crushed chocolate sandwich cookies on top, put them in the oven, and in 10 to 15 minutes you'll have an indulgent protein dessert.

Nutrition Facts (Per Serving) 161 CALORIES | 14 g PROTEIN | 17 g CARBS | 4 g FAT

INGREDIENTS

- ✓ 2 large eggs
- ✓ 2 scoops (1/2 cup) WHEY+ vanilla protein isolate
- ✓ 6 Tbsp. coconut flour
- ✓ 1/2 cup rolled oats
- ✓ 1 tsp. vanilla extract
- ✓ 2 Tbsp. xylitol (or sweetener of choice)
- ✓ 4 oz. fat-free cream cheese
- ✓ 1 1/2 servings (44 grams) mini sandwich cookies

18. No-Bake Quinoa Almond Protein Cookies

Serves 8

These no-bake protein cookies are one of a kind. The base is whey protein powder and quinoa, which can be par-cooked to add a bit of crunch.

The cookies themselves don't have to be baked, so once the quinoa is ready, just combine all ingredients in a food processor. Form into cookies, and stash them in the fridge. They make a great pre-workout or post-workout snack.

Nutrition Facts (Per Serving) 109 CALORIES | 10 g PROTEIN | 13 g CARBS | 3 g FAT

INGREDIENTS

- ✓ 1/2 cup dry quinoa (about 1 1/2 cups cooked)
- ✓ 2 scoops (1/2 cup) WHEY+ vanilla protein isolate
- ✓ 10 dried apricots
- ✓ 1 oz. dry roasted almonds
- ✓ 1/8 tsp. salt
- ✓ 6 drops liquid stevia (or sweetener to taste)

19. Green Tea Mango Protein Cookies

Serves 5

These flourless protein cookies are worth a taste for the macros alone. They contain a negligible amount of fat, pack in 10 grams of protein apiece, yet have just 3 grams of sugar – awesome for a pre-training snack.

Nutrition Facts (Per Serving) 104 CALORIES | 10 g PROTEIN | 15 g CARBS | 1 g FAT

INGREDIENTS

- | | |
|---|---|
| ✓ 1/2 cup white kidney beans,
drained and rinsed | ✓ 1 scoop WHEY+ vanilla
protein isolate |
| ✓ 1/2 cup frozen mango
chunks, thawed | ✓ 1/2 tsp. vanilla extract |
| ✓ 2 Tbsp. liquid egg whites | ✓ 1/4 tsp. ground ginger |
| ✓ 2 tsp. matcha powder | ✓ 1/2 tsp. baking powder |
| | ✓ Stevia or sweetener of choice
to taste |

20. Quinoa Banana Cookies

Serves 9

Smart meal planning means preparing ahead of time, such as cooking up a big batch of quinoa to enjoy throughout the week. Then it can go in salads, stews, side dishes, and even cookies. To make these gluten-free cookies, start with a mix of banana, quinoa, oatmeal, and whey. Then add standard baking ingredients: egg, baking powder, cinnamon, and your sweetener of choice.

Nutrition Facts (Per Serving) 54 CALORIES | 3 g PROTEIN | 8 g CARBS | 1 g FAT

INGREDIENTS

- | | |
|---------------------------|---|
| ✓ 1/2 large banana | ✓ 2 Tbsp. unsweetened almond milk |
| ✓ 1 large egg white | |
| ✓ 1 tsp. ground cinnamon | ✓ 2 Tbsp. coconut flour |
| ✓ 1/4 cup oats | ✓ 1/2 scoop WHEY+ vanilla protein isolate |
| ✓ 1 tsp. baking powder | |
| ✓ 1 packet stevia extract | ✓ 1/4 cup dry quinoa (about 3/4 cup cooked) |

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