

Oat and Chocolate Protein Cookies



Dive into the world of protein-packed indulgence with our Oat and Chocolate Protein Cookies recipe. Elevate your snacking or breakfast routine with this collaboration with [Zenit Nutrition](#), emphasizing the significance of protein for sustained energy.

Preparation 15 min

Cooking 10 min

Servings 8

Nutrition Facts (per serving)

Calories 300

Fat 14

Carbohydrates 35

Fibre 2

Protein 7

Sodium 175

Ingredients

Moist

- 85 ml (1/3 cup) of butter or coconut oil
- 125 ml (1/2 cup) of brown sugar
- 1 egg

Dry

- 375 ml (1 1/2 cups) of quick-cooking oats
- 60 g (2 scoops) of [Zenit organic plant-based protein in vanilla or chocolate flavor](#) (for a double chocolate version)
- 125 ml (1/2 cup) of dark chocolate chips
- 5 ml (1 tsp) of baking powder

Note: This recipe can be transformed into "mountain mix" cookies by reducing the amount of chocolate chips by 2/3 and adding 1/3 dried cranberries and 1/3 roughly chopped pistachios.

Preparation

1. Place the rack in the center of the oven.
2. Preheat the oven to 180°C (350°F).
3. Line a baking sheet with parchment paper and set aside. Using a mixer or whisk, cream the butter with the brown sugar. Add the egg and mix. In another bowl, mix all the dry ingredients together.
4. Incorporate into the butter mixture.
5. Form 8 dough balls using an ice cream scoop, then gently flatten them.
6. Arrange them on the prepared baking sheet and bake for 10 minutes or until the cookies are lightly golden. Let them cool down.

Notes

Can be stored for 7 days in an airtight container in the refrigerator or for 3 months in the freezer.



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