

Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

Notes

No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)

Nutrition

Amount per serving

Calories	118	Vitamin C	0mg
Fat	6g	Calcium	80mg
Saturated	1g	Iron	1mg
Carbs	11g	Vitamin D	3IU
Fiber	2g	Vitamin B6	0.1mg
Sugar	6g	Folate	3µg
Protein	6g	Vitamin B12	0.1µg
Cholesterol	16mg	Magnesium	51mg
Sodium	54mg	Zinc	0mg
Potassium	82mg	Selenium	3µg

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Vitamin A 23IU