



ALTERED ATHLETICS

PROTEIN COOKIE DOUGH BITES (3 BITES)

Per serving: 210 calories

Protein: 20g | **Carbs:** 18g | **Fat:** 6g

Ingredients:

Vanilla whey protein – 25g

PB2 powdered peanut butter – 12g

Oat flour – 20g

Sugar-free maple syrup (Walden Farms or Lakanto) – 20g

Almond milk (unsweetened) – 15g

Mini dark chocolate chips (Lily's) – 5g

Directions:

Mix all dry ingredients.

Stir in syrup and almond milk until a dough forms.

Roll into 3 small balls and refrigerate.