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## **Carrot Cake Protein Cookies**

### **Ingredients:**

Cookies:

Rolled oats, 1 cup (80 g)

Vanilla protein powder, 2 scoops

Coconut flour, 6 tbsp. (45 g)

Ground cinnamon, 2 tsp.

Salt, 1/8 tsp.

Coconut oil, 1 1/2 tbsp (21 g)

Egg whites, 2 large

Vanilla extract, 2 tsp.

Sugar-free syrup, 3 oz.

Carrots, 3 oz. (85 g)

White chocolate chips and/or raisins (optional)

Cream Cheese Frosting:

Fat-free cream cheese, 2 tbsp. (66 g)

Fat-free vanilla Greek yogurt, 1/4 container

Vanilla extract, 1/2 tsp.

### **Directions:**

1. Take out two bowls (one for your dry ingredients and one for your wet ingredients) and put your carrots off to the side.
2. Add all of your dry ingredients into one bowl and lightly mix them together.
3. Add all of your wet ingredients into the other bowl, and mix them together until everything is incorporated. Then mix the dry ingredients into your wet ingredients.
4. Chop up, grate, or process your carrots.
5. Chill your cookie dough in the fridge for 20-30 minutes.
6. Take out a baking sheet, and line it with either some parchment paper or a silicone baking mat. Place and shape your cookies onto your sheet
7. Bake them on 325 F (162 C) for 10-13 minutes.