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### **Jen Jewell's Protein Cookie Delight**

**Ingredients:**

3/4 cup frozen or fresh berries

3/4 cup raw old-fashioned oats

1/3 cup light/unsweetened almond milk

2 scoops Cellucor Red Velvet flavored whey protein powder

Chocolate or rainbow sprinkles (optional, but great when not cutting)

Honey to taste

**Directions:**

1. Place berries in a bowl and microwave for 45 seconds. Once finished, mash with a fork.
2. Add remaining ingredients to create the batter. Make sure to stir thoroughly so all ingredients are evenly mixed.
3. Place 2-3 tablespoons of batter onto a plate to form each cookie, then place in microwave for 45-60 seconds.
4. Remove, let cool for a minute or two and enjoy.