



Hazelnut Gingerbread Protein Strongman Cookie

Ingredients:

1/2 cup hazelnuts
1/2 cup dates
1/4 vanilla rice protein powder (Growing Naturals' or Sunwarrior work best)
2 whole eggs
1 tbsp coconut flour
1/2 tbsp mixed spice
1 tsp cinnamon

Directions:

1. Using a mixer, food processor, or handheld blender, mix all ingredients together and shape the dough into several small cookies or into two big gingerbread strongman cookies!
2. Once shaped, bake at 355 degrees F or (180 C) for 15 minutes or until nicely browned.

Nutrition Facts:

Per cookie, if you make twelve

Calories: 73.3

Fat: 4.1 g

Carbs: 5.8 g

Protein: 3.9 g

Per strongman, if you make two

Calories: 440

Fat: 24.8 g

Carbs: 35 g

Protein: 23.8 g

Notes: Try making different shapes. Make Christmas trees, Santas, or even dumbbells. Have some fun! These cookies are gluten and dairy free!

Courtesy of Anna Sward of Proteinpow.com