



## **Peanut Butter Honey Protein Cookies**

### **Ingredients:**

1 cup oat flour  
2 scoops Peanut Butter Cookie Syntha-6  
1 cup natural peanut butter  
2 tbsp coconut oil  
5 egg whites  
1 tsp vanilla extract  
1/3 cup unsweetened applesauce  
1/4 cup honey

### **Directions:**

1. Preheat oven at 350 degrees.
2. Mix ingredients together in a large mixing bowl.
3. Roll small spoonfuls of dough into balls and place them on a pan.
4. Press with a fork on top.
5. Bake for 8-10 minutes.

### **Nutrition Facts Per Serving:**

Recipe makes a dozen cookies, serving size is 1 cookie

Calories 287

Fat 15.6 g

Carbohydrates 25.7 g

Protein 13.9 g