

Protein Cookie Workflow

Two chocolate-forward, peanut-butter-based options with complete measurements, texture corrections, and estimated nutrition.

Option	Yield	Bake	Approx. protein
Chocolate PB + protein powder	12 cookies	350 F / 8-11 min	10.9 g each
PB2 chocolate PB	12 cookies	350 F / 9-12 min	8.5 g each

Nutella note: It tastes like sweet milk chocolate blended with roasted hazelnut. Use it as a small filling or swirl. It adds softness and dessert-level flavor, but very little protein.

Option 1 - Chocolate Peanut Butter Protein Cookies

Best for: the highest protein result. **Texture:** soft-centered, rich, and chewy.

Ingredient	US measure	Metric
Creamy peanut butter	1 cup	256 g
Large eggs	2	about 100 g without shells
Packed brown sugar	1/3 cup	70 g
Vanilla extract	1 tsp	5 mL
Chocolate or vanilla protein powder	1/2 cup	60 g
Unsweetened cocoa powder	1/4 cup	22 g
Baking soda	1/2 tsp	2.3 g
Fine salt	1/4 tsp	1.5 g
All-purpose flour, start here	2 Tbsp	16 g
Milk, only if dry	1 Tbsp at a time	15 mL at a time
Chocolate chips, optional	1/4 cup	43 g
Nutella, optional filling	2 Tbsp total	37 g

Workflow

- 1. Prep** - Heat the oven to 350 F. Line one large baking sheet with parchment.
- 2. Mix wet ingredients** - Stir peanut butter, eggs, brown sugar, and vanilla until smooth and glossy.
- 3. Add dry ingredients** - Mix in protein powder, cocoa, baking soda, salt, and 2 tablespoons flour. Stir only until no dry pockets remain.
- 4. Rest and assess** - Let the dough stand 3-5 minutes. It should be thick, slightly tacky, and scoopable.
- 5. Correct the dough** - If loose, add flour 1 tablespoon (8 g) at a time, up to 2 additional tablespoons. If dry or crumbly, add milk 1 tablespoon at a time.
- 6. Portion** - Divide into 12 portions, roughly 45-50 g each. Place 2 inches apart and flatten to about 1/2 inch thick.
- 7. Add extras** - Fold in chocolate chips before portioning, or press a well into each cookie and add about 1/2 teaspoon Nutella.
- 8. Bake** - Bake 8-11 minutes. Remove when the edges are set but the centers still look slightly soft.
- 9. Cool** - Leave on the pan 10 minutes, then transfer to a rack. They finish setting as they cool.

Success check: The cooled cookie should bend slightly before breaking. A dry or sandy cookie usually means too much protein powder/flour or too much oven time.

Estimated Nutrition - Base Recipe

Nutrient	Whole batch	Per cookie (1 of 12)
Calories	2,288 kcal	191 kcal
Protein	130.5 g	10.9 g
Carbohydrate	157.1 g	13.1 g
Dietary fiber	23.7 g	2.0 g
Total sugars	100.4 g	8.4 g
Total fat	143.7 g	12.0 g
Sodium	2,487 mg	207 mg

Estimate assumes common creamy peanut butter, two large eggs, 70 g brown sugar, 60 g whey protein, 22 g cocoa, and 16 g flour. Optional chips and Nutella are not included.

Option 2 - PB2 Chocolate Peanut Butter Cookies

Best for: a softer, more conventional cookie without protein powder. **Texture:** tender and peanut-butter-forward.

Ingredient	US measure	Metric
Creamy peanut butter	1 cup	256 g
Large eggs	2	about 100 g without shells
Packed brown sugar	1/3 cup	70 g
PB2 powdered peanut butter	1/2 cup	48 g
Unsweetened cocoa powder	1/4 cup	22 g
Vanilla extract	1 tsp	5 mL
Baking soda	1/2 tsp	2.3 g
Fine salt	1/4 tsp	1.5 g
All-purpose flour, start here	2 Tbsp	16 g
Milk, only if dry	1 Tbsp at a time	15 mL at a time
Chocolate chips, optional	1/4 cup	43 g
Nutella, optional swirl/filling	2 Tbsp total	37 g

Workflow

- 1. Prep** - Heat the oven to 350 F. Line a large baking sheet with parchment.
- 2. Mix wet ingredients** - Combine peanut butter, eggs, brown sugar, and vanilla until completely smooth.
- 3. Add dry ingredients** - Stir in PB2, cocoa, baking soda, salt, and 2 tablespoons flour.
- 4. Rest** - Let the dough sit 3 minutes so the PB2 and cocoa can absorb moisture.
- 5. Correct the dough** - The dough should hold a mound. If too loose, add flour 1 tablespoon (8 g) at a time. If crumbly, add milk 1 tablespoon at a time.
- 6. Portion** - Divide into 12 portions, roughly 42-48 g each. Flatten gently because the cookies spread very little.
- 7. Add extras** - Fold in chocolate chips, or add about 1/2 teaspoon Nutella per cookie as a center or visible top swirl.
- 8. Bake** - Bake 9-12 minutes. Remove when the edges are set and the center still gives slightly when touched.
- 9. Cool** - Rest on the baking sheet 10 minutes. then transfer to a rack.

Flavor note: Brown sugar gives a deeper, chewier cookie. Nutella makes either version substantially sweeter, so a small center works better than mixing it through the entire batch.

Estimated Nutrition - Base Recipe

Nutrient	Whole batch	Per cookie (1 of 12)
Calories	2,248 kcal	187 kcal
Protein	102.5 g	8.5 g
Carbohydrate	171.1 g	14.3 g
Dietary fiber	31.7 g	2.6 g
Total sugars	105.4 g	8.8 g
Total fat	145.7 g	12.1 g
Sodium	2,647 mg	221 mg

Estimate assumes common creamy peanut butter, two large eggs, 70 g brown sugar, 48 g PB2, 22 g cocoa, and 16 g flour. Optional chips and Nutella are not included.

Optional Add-In Impact

Add-in	Batch addition	Approx. addition per cookie
43 g semisweet chocolate chips	+215 kcal, +3 g protein, +28 g carbs, +13 g fat	+18 kcal
37 g Nutella	+200 kcal, +2 g protein, +23 g carbs, +12 g fat	+17 kcal

Storage and Batch Notes

Method	Guidance
Room temperature	Store airtight for up to 3 days; place parchment between layers.
Refrigerator	Up to 7 days. Let sit 10-15 minutes before eating for a softer texture.
Freezer - baked	Freeze up to 2 months. Thaw at room temperature or microwave 10-15 seconds.
Freezer - dough	Portion and flatten first. Bake from frozen at 350 F, adding about 2-3 minutes.
Double batch	Double each ingredient exactly and bake in separate batches for even results.

Nutrition disclaimer: Values are estimates, not laboratory analysis. Brand labels, dough corrections, add-ins, and final cookie count can materially change the totals. For precision, total the exact labels used and divide by the number of finished cookies.