

## High Protein Oatmeal Chocolate Chip Cookies

**(Makes 2.5 dozen from 2-inch diameter dough balls)**

**Dry Mix:** 2 cups whole wheat flour, 1 cup whole oats (old fashioned or quick style), 1 cup unflavored whey protein isolate or concentrate, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 heaping teaspoon cinnamon, 1/3 cup cocoa powder, ½ or ¾ cup coconut sugar (or Morena sugar), 2 cups Ghirardelli 60% chocolate chips (could substitute or add some white chocolate chips, raisins or chopped dates).

**Wet Mix:** 12 - 16 ounces of egg whites, as needed to get batter thick but not pourable.

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Pre-heat oven to 320° F

Mix dry ingredients together in large bowl. (a large silicone spoon is great for mixing batter)

Mix wet ingredients together in separate bowl, then pour into dry ingredients and mix thoroughly.

Add mixture to greased sheet pans. Makes about 2 – 3 dozen cookies. (a small silicone spatula will release the batter from the silicone spoon easily)

Bake for 20 minutes on metal sheet pan or 25 minutes on a ceramic pizza stone. Check doneness based on your oven. Electric ovens seem to cook slower at the same temps than gas ovens.

*I have used this recipe in a dozen count muffin pan and made 1 dozen cookies from the same batter. The muffins will Bake at the same temp but will need an additional 5 – 10 minutes beyond the cookies.*

## High Protein Chocolate Chip Cookies

**(Makes 2.5 dozen from 2-inch diameter dough balls)**

**Dry Mix:** 2.5 cups whole wheat flour, 1 cup unflavored whey protein isolate or concentrate, 1 teaspoon baking powder, 1 teaspoon baking soda, ¼ cup cocoa powder, 1 teaspoon cinnamon, ½ or 1 cup coconut sugar or other less processed sugar, 2 cups Ghirardelli 60% chocolate chips (could substitute or add some white chocolate chips, raisins or chopped dates).

**Wet Mix:** 12 - 16 ounces of egg whites, as needed to get batter thick but not pourable.

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Pre-heat oven to 320° F

Mix dry ingredients together in large bowl.

Add 12 - 16 ounces of egg whites to dry ingredients and mix thoroughly.

Add mixture to greased sheet pans. Makes about 2 – 3 dozen cookies.

Bake for 20 minutes on metal sheet pan or 25 minutes on a ceramic pizza stone. Check doneness based on your oven. Electric ovens seem to cook slower at the same temps than gas ovens.