High-Protein Cookie



Nutrition Content per 100 g

Calories	450 kcal
Total Fat	19 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	40 mg
Total Carbohydrates	47 g
Dietary Fiber	2 g
Sugars	38 g
Protein	25 g
Calcium	49 mg
Magnesium	0 mg
Phosphorus	150 mg
Potassium	260 mg
Sodium	290 mg
Iron	1 mg
Vitamin A	49 IU
Vitamin C	0 mg

Ingredients	% Weight
Whey protein concentrate, 80% protein (WPC 80)	16.0
Sugar, brown	14.0
Sugar, white	14.0
Peanut butter	12.0
Shortening	7.0
Water	7.0
Mini peanut butter morsels	7.0
Flour, cake	5.0
Egg, whole	5.0
High fructose corn syrup	5.0
Soy protein isolate	3.0
Egg white powder	3.0
Vanilla extract	1.0
Flavor, peanut butter	0.5
Salt	0.3
Baking powder	0.2

Procedure

- 1. Cream shortening, corn syrup, egg and sugars at low speed.
- 2. Add dry powders, other ingredients, and water. Mix for an additional 60 seconds.
- 3. Fold in mini peanut butter morsels.
- 4. Portion dough onto a cookie sheet and bake at 177°C (350°F) for 10 minutes.



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