

CHEATSHEET

RECIPE: HOT CHOCOLATE PROTEIN COOKIE CUPS



A delicious low-macro sweet treat, perfect for the holiday season. We know that cake by itself doesn't stop you from losing weight, but something you want a sweet treat without wiping your macro budget for the day. Note the comments about some ingredients - this could change the nutrition profile, but you can always play around with the ingredients to perfectly fit your macro budget!

INGREDIENTS

- One packet **Double Chocolate Protein Cookie Mix*** (63g)
- 48g almond butter
- 3 tablespoons water
- A few mini pretzels for the mug handles
- One packet **Toasted Marshmallow Sugar-Free Frosting Mix*** (47g)
- 1 tablespoon milk, any kind (we used unsweetened vanilla almond)
- 48g palm shortening (optional, included in macros)
- Mini-muffin pan
- Non-stick cooking spray
- Piping bag or ziplock bag

**Click BOLD ingredients for links*

- Protein cookie mix is basically just whey concentrate powder with inulin (fibre powder), cocoa powder and stevia. I would recommend about 45g of whey concentrate protein from Canadian Protein (chocolate flavour) with 15g of cocoa powder and 5g of baking powder.

- Frosting mix is basically whey isolate with inulin (fibre powder.) I would recommend about 45g of whey isolate powder from Canadian Protein (vanilla flavour) with a very small amount of added water to make a frosting. The more isolated a protein powder is, the less it will thicken up when added with water. The thickest protein powder for the best icing would be either the vegan blend or the micellar casein from Canadian Protein.

DIRECTIONS

1. Preheat oven to 325F.
2. Mix together cookie mix, almond butter, and water.
3. Spray mini-muffin pan with cooking spray.
4. Spoon cookie batter into 6 mini-muffin cavities.
5. Bake for 5-6 minutes, just until puffed and firm.
6. Break the mini-pretzels and set aside 6 pieces for mug handles.
7. Remove cookie cups from oven and let cool enough to touch.
8. Remove cookie cups from pan and insert the pretzel handles.
9. Prepare Frosting Mix as instructed on the package.
10. Spoon frosting into a piping bag or ziplock bag. Cut off the tip, and push the frosting toward it.
11. Once the cookie cups are cool, pipe mini-marshmallows on top.
12. Enjoy! Store leftovers refrigerated.

NUTRITION INFORMATION

Serving Size: 1 cookie cup (recipe makes 6 cookie cups)

Per serving:
Calories: 106
Total Fat: 7g
Carbohydrate: 9g
Dietary Fiber: 3g
Sugar: 1g
Protein: 6g

Resource: macrosinc.net



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