

# Protein Oreos

A High-Protein, Low-Carb, & Low-Calorie Healthy Oreo Cookie Recipe

## Ingredients:

### Cookie Ingredients:

- 1 tbsp Coconut Flour
- 1/2 cup Liquid Egg Whites
- 1/4 cup Whey Protein Powder See Note 1.
- 2 tbsp Cocoa Powder
- 1 tbsp Cocoa Nibs
- 1/8 cup Rolled Oats
- 1 tsp Baking Powder

### Filling Ingredients:

- 1/8 cup Vegan Protein Powder (I used vanilla flavour)
- 1/4 cup Water
- 1 tsp Coconut Flour



## Notes :

Enjoyed best when shared.

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## Procedure:

### For the pie crust

1. Blended together and baked on a cookie tray at 170 C (338 F) for about 25 minutes.
2. When the cookies were ready (i.e. when, upon stabbing them, my knife came out clean), I let them cool, got out a freshly-sharpened knife, and sliced each cookie horizontally into three (eating the top bit because this wasn't meant to play a role in the final Oreo scene). What this meant is that I ended up with fourteen cookie halves.
3. I laid these on the cookie tray again and stuck them under the grill/broiler for a further five minutes (just to make them crunch up further). Then, it was all about the filling which I made by just mixing 1/8 cup of vanilla casein, 1/4 cup of water, and 1 tsp of coconut flour.
4. That, my dears, was IT – done.

### Notes

You can use 1/4 cup brown rice protein powder if you can't get hold of the POW powder!

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