

Peanut Butter Protein Blossom Cookies



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields 12 cookies
(1 serving = 4 cookies)

PREPPED INGREDIENTS

- 1 cup smooth peanut butter
- ½ cup coconut sugar
- 1 large egg
- 2 scoops vanilla protein powder
- 12 Hersey's kisses
- Sea salt

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the peanut butter, sugar, egg, and protein powder together.
3. Fit a large, rimmed baking sheet with parchment.
4. Divide the mixture into 12 balls.
5. Place on parchment. Using the tines of a fork, flatten into a disc. Turn the fork, to create a criss-cross pattern.
6. Place the chocolate in the middle of the cookies.
7. Bake for 10-12 minutes, or until golden brown.
8. Season with a bit of salt.
9. Let cool on a cooling rack.