

World's Healthiest Chocolate Chip Cookie



This dough takes only two minutes to whip up, so in less than ten minutes you can be scarfing down delicious, healthy cookies!

NUTRITIONAL INFO

Calories: 20.3

Fat: 0.4 grams

Carbs: 2 grams

Fiber: .4 grams

Protein: 2 metabolic boosting grams

Servings: 16 per recipe

Ingredients:

- (2 tbsp.) Coconut flour
- (2 tbsp.) LynFit Chocolate Protein Powder
- Pinch of salt
- (2 packets) Stevia® or Splenda® (to taste)
- (1/8 tsp.) Baking powder
- (6 tbsp.) LynFit Chocolate Melt Fat Milk
- (1 tbsp.) Chocolate Chips — Sprinkle on top rather than including in mixture to conserve calories

Directions:

- Preheat oven to 350° F.
- In a small bowl, mix Protein Powder, coconut flour, baking powder, Stevia® or Splenda®, and salt
- Add in Melt Fat Chocolate Milk one tablespoon-at-a-time until fully incorporated
- Stir in chocolate chips, or wait until the end to conserve calories
- Drop dough, by teaspoon or tablespoon, onto parchment-lined baking sheet. Flatten the dough into cookie shapes.
- Bake 6–8 minutes
- Allow to cool before eating