
CRUSH IT! Café: Peanut Butter Blast Oatmeal Cookies

What's better than peanut butter? Double peanut butter. What's better than double peanut butter? Double peanut butter low in fat and containing plenty of complex carbohydrates and muscle building protein!

With our Peanut Butter Oatmeal Cookie Core MRP and Peanut Butter Ice Cream Core PRO, these oatmeal cookies will satisfy even the most intense peanut butter addiction while keeping your diet in check!

Recipe:

Dry Ingredients:

3 scoops Peanut Butter Oatmeal Cookie MRP

1 scoop Peanut Butter Ice Cream Core PRO

1tsp cinnamon

1tsp baking powder

1tsp baking soda

3tbsp zero calorie sweetener

1.5tsp salt

Wet Ingredients:

1 medium banana

2tsp vanilla





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Directions:

Preheat oven to 350° Fahrenheit. Purée bananas and vanilla together. Combine dry ingredients by whisking together. Add banana mixture to dry ingredients and mix well.

Using an ice cream scooper or cookie dough scooper, dollop cookie dough into evenly sized cookies. Bake for 16-20 minutes. Take out and allow cookies to cool slightly before serving.

Macros:

Serving Size: 1 Cookie

Servings: 20

48 calories

0.5g Fat

6g Carbohydrate

5g Protein



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