

LEAN BODY®



Protein Bar Baked Cookies

HOW TO MAKE THEM

1. Microwave each Lean Body Protein Bar you're using for around 10-15 seconds (this makes them easier to shape)
2. Take out a baking pan and some parchment paper
3. Break your bar into pieces and shape them into cookies on top of your parchment paper
4. Top your cookies with whatever you want
5. Bake them on **350F/176C** for around 8-10 minutes or until they rise up and turn a golden brown color

INGREDIENTS

1+ **Lean Body Protein Bars** (Your Choice Flavor)
Whatever You Want For Toppings



NUTRITION

Whole Recipe

Makes: 4 Cookies Per Bar

Calories: 270

Fat: 6g

Saturated Fat: 3g

Sodium: 180mg

Carbs: 33g

Fiber: 15g

Sugar: 4g

Protein: 20g



TIPS

Add chocolate chips, nuts, and more inside when shaping them!

Store them in an airtight container!

Blend two of your favorite Lean Body Protein Bars together!