

- Prep Time: 5 minutes
  - Cook Time: 0 minutes
  - Chill Time: 5-10 minutes (optional, for a firmer texture)
  - Total Time: 5-15 minutes
  - Servings: 2
  - Intensity Level: Very Easy (No cooking required)
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## Ingredients

- 1 cup (80g) rolled oats (or quick oats)

- 1 scoop (approx. 30-35g) vanilla or chocolate protein powder (a blend or casein works best for texture)
  - 2 tablespoons (32g) nut butter of choice (almond, peanut, or cashew)
  - 2-3 tablespoons (30-45ml) milk of choice (dairy or plant-based), as needed
  - 1-2 tablespoons (15-30ml) maple syrup or honey (adjust to sweetness preference)
  - 1/2 teaspoon vanilla extract
  - 1 tablespoon mini chocolate chips (plus extra for topping)
  - Pinch of salt (enhances all the flavors)
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## Instructions

Intensity: Very Easy

1. Make the Oat Flour (Intensity: Easy, 1 minute): Place the rolled oats in a high-speed blender or food processor. Blend on high for about 30-60 seconds until they resemble a fine flour. This is your no-flour “flour”!
2. Combine Dry Ingredients (Intensity: Very Easy, 30 seconds): In a medium-sized mixing

bowl, whisk together the homemade oat flour, protein powder, and a pinch of salt until well combined. This ensures the protein powder is evenly distributed and prevents clumps.

3. Add Wet Ingredients (Intensity: Easy, 1 minute): Add the nut butter, maple syrup (or honey), and vanilla extract to the dry mixture. Pour in the milk one tablespoon at a time, stirring with a spatula or spoon. The dough will start to come together.
  4. Mix and Adjust (Intensity: Easy, 1-2 minutes): Continue to mix and knead the dough with your hands or a sturdy spatula. If the dough is too crumbly and isn't holding together, add another teaspoon of milk. If it's too sticky, add a teaspoon of oat flour or protein powder. The ideal texture is like traditional cookie dough—pliable and slightly tacky, but not sticky.
  5. Fold in the Good Stuff (Intensity: Very Easy, 30 seconds): Gently fold in the mini chocolate chips until they are evenly distributed throughout the dough.
  6. Chill and Serve (Intensity: Very Easy, 5-10 minutes): For the best flavor and a firmer, more “dough-like” texture, cover the bowl and refrigerate for 5-10 minutes. This allows the oats to absorb some moisture and the flavors to meld. However, this step is optional if you can't wait!
  7. Enjoy! Scoop into two bowls or enjoy straight from the mixing bowl. Top with an extra sprinkle of chocolate chips if you're feeling fancy.
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## Recipe Notes & Tips

- **Protein Powder is Key:** The type of protein powder you use will significantly impact the final texture and taste. A plant-based protein powder may require a bit more milk. A whey/casein blend tends to yield the most cookie-dough-like texture.
- **Sweetener Adjustments:** Taste the dough before adding the chocolate chips. If your protein powder is very sweet, you may not need as much maple syrup. Start with one tablespoon and add more to your liking.
- **Nut Butter Swaps:** Feel free to use any nut or seed butter you have on hand. Sunflower seed butter is a great nut-free option.
- **Vegan Option:** To make this recipe vegan, simply use a plant-based protein powder, maple syrup instead of honey, and a plant-based milk. Ensure your chocolate chips are also vegan-friendly.
- **Texture Variations:** For a chunkier dough, add a tablespoon of chopped nuts or a crushed graham cracker. For a “double chocolate” version, use chocolate protein powder and add a tablespoon of cocoa powder to the dry mix.

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## Nutrition Information (Approximate)

Nutrition facts are per serving (1/2 of the recipe).

- Calories: 350 kcal
- Protein: 20g
- Carbohydrates: 35g
- Fat: 14g
- Fiber: 5g
- Sugar: 10g