



High Protein Chocolate Pistachio Cookies Recipe

Prep time: 10 mins

Cooking time: 20 mins

Serves: 18

Ingredients:

- 1/2 large egg
- 18 ml erythritol
- ¼ tsp vanilla extract
- 9g salt
- 7 ½g whey protein isolate (unflavored)
- ½ tbsp cocoa powder
- 19g pistachio nuts, roughly chopped or almonds
- 13g sugar-free dark chocolate, chopped

Method:

1. Preheat the oven to 175 °C and line a baking tray with baking paper.
2. Whip the eggs, erythritol, and vanilla extract until smooth. Add the remaining ingredients to the bowl
3. and whisk until combined.
4. Using a tablespoon, transfer the cookie mixture to the baking sheet. Make sure they are at least 2.5
5. cm apart since the cookies will spread out when baking in the oven.
6. Bake for 10 minutes or until browned.
7. Let cool for a few minutes and then use a spatula to transfer the cookies to a baking rack to cool and
8. crisp up.
9. The cookies will be soft when first out of the oven, so be sure to cool completely before eating.



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