Lifestyle Renewal's High Protein 'Cookie Dough'

Serves 4

Calories 150kcal | Protein 12.4g | Fat 3.3g | Carbs 16.8g | Fiber 1.6g | Sugars 6.9g

Ingredients

- 1 cup lowfat (1%) cottage cheese
- 1 Tbsp pure maple syrup
- 1 tsp vanilla extract
- 1/2 cup almond or coconut flour
- 1.5 scoops protein powder
- 2 Tbsp dark chocolate chips

Instructions

- Blend cottage cheese until smooth with syrup, vanilla extract.
- Mix in flour and protein powder.
- Fold in chocolate chips.
- Optional: sprinkle a light dusting of Baking Cocoa powder.
- Scoop with ice cream scoop and serve.
- Note: if you want a creamier dough use more cottage cheese!