CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Cookie Dough for Supper

Flexible Treat Meal & Protein Intake

www.consciousrewire.com

Cookie Dough for Supper

Flexible Treat Meal & Protein Intake

What This Supports

Supports flexible eating and protein intake.

Why It Works

Combines protein powder, fats, and carbohydrates to create a satisfying treat-style meal.

Ingredients

F-It, I Want Cookie Dough For Supper

Ingredients:

scoop protein powder

Equal part oats

Double that amount of peanut butter

-2 tsp MCT oil or room temperature butter

Cinnamon

Cayenne

Ginger powder

Allspice

-3 tbsp chocolate chips, nuts, or seeds (optional)

Directions

F-It, I Want Cookie Dough For Supper

. Place protein powder, oats, and peanut butter in a bowl and combine as well as possible.

. Stir in enough fat to make it your desired texture.

. Add in spices (season as desired) and combine.

. Add in optional ingredients and combine.

Best Use

Best used occasionally or post-training.

Food Notes & Safety

Use clean utensils and store chilled.

Storage & Reheating

Consume immediately or refrigerate briefly.