

Sugar or Chocolate Chip Cookies

Makes 22 cookies*

Ingredients:

- 1 package chocolate chip cookie mix OR sugar cookie mix with protein content around 1 g protein per serving
- 1/3 cup unsweetened applesauce OR 3 tablespoons aquafaba (liquid from can of chickpeas)
- 1 stick (1/2 cup) butter or margarine

Instructions:

Prepare cookies per package directions, substituting egg with either applesauce or aquafaba.

Bake according to package directions.

Kcal: 151

Protein: 1 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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