

Instant Cookie Dough Protein Bar (FP)

This is the quickest protein bar you will ever make. It rushes to the rescue to curb cravings as the protein helps satiate out-of-control hunger. It makes for the perfect afternoon snack. Since it has a full serving of protein powder, we don't recommend eating this as a dessert if you already had sufficient protein in your meal, but you could eat half for dessert. This just sorta squeaks into FP mode. If you do a rounded teaspoon of chocolate chips you may be heading into ultralight S territory here. Nuts push it into S, but that is just fine, too. This recipe is found in the "Delicious Desserts & Treats - Candies & Bars" section of the [Trim Healthy Table Cookbook](#), page 428.

Single Serve Recipe

INGREDIENTS:

- 4 Tbs [TH Pristine Whey Protein Powder](#) (unflavored)
- 1 Tbs [TH Peanut Flour](#)
- 2 tsp [TH Gentle Sweet](#)
- 1 dash [TH Mineral Salt](#)
- 1 tsp butter (softened; or coconut oil)
- 2 tsp water
- 1 tsp on-plan chocolate chips (or chopped nuts of your choice)



DIRECTIONS:

1. Put the whey protein, peanut flour, sweetener, and salt in a bowl. Add the butter and smash with a fork to blend with the dry ingredients. Add the water 1 teaspoon at a time, mixing well with the fork. Add the chocolate chips or nuts, using your hands to press the mixture into a bar shape.

A TRIM HEALTHY EXPERIENCE