

# Protein Breakfast Cookie

Reduce added sugars with InnoSweet™ Sprouted Whole Wheat Powder

<b>Ingredients</b>	<b>Volume</b>	<b>Grams</b>	<b>Percent</b>
Natural Peanut Butter	¼ cup	60	12
Canola Oil	¼ cup	36	7.2
Brown Sugar	¼ cup	47	9.4
<b>InnoSweet™ Sprouted Whole Wheat Powder</b>	<b>¼ cup</b>	<b>44</b>	<b>8.8</b>
Vanilla Extract	1 tsp	5	1
Ground Flax Seed	2 tbsp	13	2.6
Boiling Water	5 tbsp	52	10.4
Chocolate Peanut Butter Protein Powder	¾ cup	70	14
Baking Soda	½ tsp	2	0.4
<b>Insta Grains® Oat Flakes</b>	<b>1 cup</b>	<b>100</b>	<b>20</b>
Chocolate Mini Chips	½ cup	70	14

## Method

1. Sauté carrots, onions, celery, garlic, salt and pepper until tender.
2. Combine oak flakes, InnoSweet™, protein powder, flax seed and baking soda in a bowl, set aside.
3. Mix peanut butter, oil, sugar until well combined.
4. Add vanilla and oat flake mixture.
5. Stir until everything is mixed and then fold in chocolate chips.
6. Drop tablespoon size dough ball on parchment lined baking sheets.
7. Bake for 15 minutes.
8. Cool on wire rack.



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