

# Protein Cookie

AIR FRYER RECIPE

## Ingredients

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- 1/2 smashed banana
- 1/2 cup oats
- 1 scoop of your favorite protein powder
- A pinch of chia or flax seeds
- A few chocolate chips
- Almond milk (or another milk of your choice)

## Directions

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1. Preheat air fryer to 400 degrees.
2. Smash the banana and oats together.
3. Add the protein powder.
4. Add small amounts of milk to make the mixture paste like.
5. Form into a cookie shape and place on parchment paper.
6. Place in air fryer for about 5 minutes or until golden brown.

Carbs: about 50g

A decorative blue line art graphic consisting of several overlapping, flowing loops, resembling a stylized signature or abstract shape, located at the bottom left of the page.