

Jumbo Chocolate Chip Cookies

Recipe by: Janeva Eickhoff
Phase 1 Recipe for Ideal Protein Protocol

Ingredients:

- 1 Ideal Protein Chocolatey Caramel Mug Cake mix
- ¼ tsp. cinnamon
- 1 tsp. olive oil
- 1 T. milk
- 2 T. Walden Farms caramel syrup
- 2 T. liquid egg whites (or 1 egg white)
- Olive oil cooking spray

Directions:

1. Preheat oven to 350 degrees.
2. In a medium bowl, mix the dry ingredients.
3. Add the wet ingredients; stir to mix.
4. Place batter in a sprayed muffin top pan making 2 jumbo cookies (if you don't have a muffin top pan, divide the batter in 2 and place on a parchment lined baking sheet).
5. Spray the cookie dough tops and the back of a spoon with the cooking spray, flatten the batter into the muffin top pan or to the size of an English muffin in diameter if using a parchment lined baking sheet.
6. Bake 7-9 minutes or until centers are done. Do not over bake or they will become very dry.
7. Let cool a few minutes, place in the toaster and lightly toast. This will give the outside of the cookie a crispier texture, I highly recommend.

Servings: 1 unrestricted + .5 oz. milk