



Greek Yogurt Cookie Dough – High Protein, Low Carb Treat

Description

Craving something sweet without the guilt? This **Greek Yogurt Cookie Dough** is the perfect solution. Packed with protein, low in carbs, and full of flavor, it's a delicious and satisfying snack that you can enjoy anytime. Whether you're fueling a post-workout snack or just indulging your sweet tooth, this healthy cookie dough hits all the right notes.

Why You'll Love This Recipe

- **High in protein** – Thanks to Greek yogurt and protein powder, this treat keeps you full longer.
- **Low-carb friendly** – Made with almond flour instead of regular flour.
- **No baking required** – Ready in minutes, perfect for quick snacks.
- **Customizable** – Swap peanut butter for your favorite nut or seed butter, or use your preferred sweetener.
- **Kid-friendly** – Even picky eaters love the creamy, chocolatey goodness.

Ingredients

- 1/2 cup Greek yogurt
- 2 tbsp peanut butter (or nut/seed butter of choice)
- 1 tbsp honey (or sweetener of choice)
- 1 tsp vanilla extract
- 1/2 cup almond flour
- 1/2 cup vanilla protein powder
- 1 pinch sea salt
- 4 tbsp chocolate chips

Instructions

1. Mix the base ingredients

In a medium bowl, combine the Greek yogurt, peanut butter, honey, and vanilla extract until smooth.

2. Add dry ingredients

Stir in the almond flour, protein powder, and a pinch of sea salt. Mix until a soft dough forms.

3. Fold in chocolate chips

Add the chocolate chips and fold them evenly into the dough.

4. Enjoy or chill

Eat immediately for a soft, creamy treat, or chill in the refrigerator for a few hours to achieve a firmer, cookie-dough-like consistency.

Tips for Perfect Greek Yogurt Cookie Dough

- **Choose full-fat Greek yogurt** for a creamier texture and better flavor.
- **Sweetener swap** â?? Use maple syrup, agave, or your favorite keto-friendly sweetener to adjust sweetness.
- **Protein powder** â?? Vanilla protein works best, but chocolate or unflavored can also be used.
- **Make it extra chocolatey** â?? Add a few extra chocolate chips or chopped dark chocolate.
- **Storage** â?? Store in an airtight container in the fridge for up to 3 days.

Why This Snack Works

This **Greek Yogurt Cookie Dough** strikes the perfect balance of taste and nutrition. Greek yogurt adds protein and creaminess, almond flour keeps it low-carb, and the chocolate chips satisfy sweet cravings. Unlike traditional cookie dough, this version is healthier, easier to prepare, and safe to eat straight from the fridge.

Itâ??s a great option for **post-workout snacks**, **afternoon pick-me-ups**, or **guilt-free dessert**. You get all the flavor and satisfaction without the excess sugar or carbs found in store-bought treats.

Serving Suggestions

- Serve chilled with **fresh berries** for a fruity twist.
- Spoon over **oatmeal or smoothie bowls** for added texture and protein.
- Roll into **bite-sized balls** and freeze for a convenient on-the-go snack.
- Add a sprinkle of **cinnamon or cocoa powder** for an extra flavor boost.

Final Thoughts

If youâ??re looking for a **quick, high-protein, low-carb treat**, this Greek Yogurt Cookie Dough is a must-try. With minimal ingredients and no baking required, itâ??s an easy snack that satisfies sweet cravings while keeping your nutrition goals in check. Whether eaten straight from the bowl or chilled for firmer consistency, this healthy cookie dough is creamy, chocolatey, and utterly addictive.

Category

1. High Protein Recipes

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