

Quest for the Best - Protein Cookie

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
Buff Bake Protein Cookie - Chocolate Chip	8.5 It tastes like Buff Bake has updated their recipe since the last time I tried their cookies. Now I can taste a bit of an artificial flavor, but they still have a pretty good flavor overall.	9.5 I love the texture of these – nice sized chocolate chips and the cookie is a big soft baked cookie that reminds me of the Grandma's Homestyle Cookies I used to get in college. The new recipe does tend to stick to your teeth a bit though :(<i>Per 40 g serving (1/2 of a cookie):</i> 180 cal 8 g protein 10 g fat 17 g carbs (1 g fiber, 10 g sugar)	Whey Protein Concentrate, Tapioca Fiber, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Natural Vanilla Extract), Whole Grain Oat Flour, Whole Eggs, Organic Cane Sugar, Vegetable Glycerin, Almond Butter, Honey, Organic Virgin Coconut Oil, Coconut Flour, Natural Flavors, Lecithin (Sunflower and Soybean), Salt, Baking Soda.	<i>7 flavors:</i> Birthday Cake Chocolate Chocolate Chip Chocolate Donut Classic Chocolate Chip Peanut Butter Cup Snickerdoodle White Chocolate Peanut Butter	\$24.99 / 12 pack (2 servings per pack) = \$1.04 per serving	With Buff Bake, you get one cookie that contains two 1.4oz servings. It's hard to open a cookie and just save half for later unless you plan ahead and break it in half and divide them into plastic bags. Bonus points for prettiest packaging! I also really like the Chocolate Donut flavor.	
Chef Jay's Tri-O-Plex Protein Cookies - Chocolate Chip	7 These don't have a ton of flavor which is weird because they smell really good and look like a normal cookie. Still yummy, and definitely a great choice if you don't like a sweetness overload.	10 If you like the Chips Ahoy chewy chocolate chip cookies, you will be perfectly happy with the texture of these cookies! I happen to really like Chips Ahoy chewy cookies. Nice big chocolate chips in these too!	<i>Per 43 g cookie (2 per package):</i> 171 cal 9 g protein 7 g fat 18 g carbs	Chocolate chips (sugar, unsweetened chocolate, cocoa butter, soybean lecithin, vanilla), sugar, unsalted butter, protein blend (soy protein, isolate, whey orotein isolate) whole liquid eggs, wheat flour, honey, brown sugar, water, vanilla extract, soybean lecithin, baking soda, salt	<i>4 flavors:</i> Chocolate Chip Double Chocolate Chip Oatmeal Raisin Peanut Butter Chocolate Chip	\$24.85 / 12 pack (24 total cookies) = \$1.04 per serving	The back of the packaging for these cookies is a little confusing – the nutrition facts on the left are supposed to be for 1 cookie and the nutrition facts on the right are supposed to be for both cookies in the bag, but they made a typo on the servings per container.	
Lenny & Larry's Complete Cookie - Chocolate Chip	7 This cookie is yummy but some of the flavors had a little bit of a weird taste to it... it seemed a little bit artificial (although I'm not sure what ingredient did that). The chocolate chips tasted great though!	9 Nice and soft, these cookies had a nice chew to them and the chips were melty.	<i>Per 56.5 g serving (1/2 of a cookie):</i> 180 cal 8 g protein 6 g fat 24 g carbs (4 g fiber, 14 g sugar)	(100% Vegan) Enriched Wheat Flour (Wheat Flour [Unbleached], Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cane Sugar, Palm Margarine (Palm Oil, Palm Kernel Oil, Sunflower Oil, Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Flavoring, Citric Acid, Vitamin A Palmitate, Vitamin D3), Protein Blend (Pea Protein Isolate, Brown Rice Protein, Wheat Gluten), Vanilla Flavor, Sprinkles (Sugar, Cornstarch, Vegetable Fat, Spirulina Extract, Turmeric, Carotene, Paprika, Beetroot Red, Anthocyanins, Maltodextrin, Carnauba Wax), Oat Fiber, Apple Fiber, Molasses, Butter Flavor, Salt, Baking Soda, Flaxseed, Oregano, Sunflower Lecithin	Chocolate Chip Birthday Cake Snickerdoodle Coconut Chocolate Chip Double Chocolate Double Chocolate Peanut Butter Swirl Peanut Butter White Chocolate Macadamia Pumpkin Spice Lemon Poppy Seed Oatmeal Raisin	\$1.99 per cookie (2 servings per cookie)	Each serving has a whopping 14 grams of sugar...so it's on the high side if you're watching your sugar intake. In my opinion, the macros are not great for a protein cookie (which is the same story across most of the brands that actually taste good). Lenny and Larry cookies are vegan and non-GMO.	
Eat Me Guilt Free Cookies - Chocolate Chip	7.5 These cookies are a little too sweet for me and don't have a traditional chocolate chip cookie flavor; they almost have a caramel/toffee flavor to them and the chocolate chips just kind of blend in with that flavor instead of standing out.	8 The first batch I got of these cookies were on the crunchy side and I gave them a 6 in this category. Then I got a 2nd (and 3rd) batch and the texture was pretty much like a normal cookie, but not as soft as the Tri-O-Plex ones.	<i>Per 50 g cookie:</i> 150 cal 15 g protein 8 g fat 10 g carbs (2 g fiber, 8 g sugar)	Eat Me Guilt Free Vanilla Whey Protein Concentrate (proprietary blend), Coconut Palm Sugar, Semi-Sweet Chocolate Chips, Water, Coconut Oil, Ghee, Eggs, Baking Soda, Himalayan Salt and Natural Flavor	<i>5 flavors:</i> Chocolate Chip Chocolate Rainbow Crush Oatmeal Goodness PB Crack Cookie Tuxedo	\$36.00 / 12 pack: \$3.00 per cookie	These cookies have one of the best macro balances of the cookies I would actually buy/eat again. They've got 15 grams of protein per cookie and only 10 grams of carbs. The tuxedo flavor of Eat Me Guilt Free is my favorite - a chocolate cookie with peanut butter chips. The PB Crack flavor is also tasty.	

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Oatmega Cookie - Chocolate Chip	9 Tastes like a normal chocolate chip cookie for the most part. Maybe a little less sweet?	9.5 Deliciously soft baked with a good chew and big, soft chocolate chips. Close in texture to Chips Ahoy Chewy.	<i>Per 80 g cookie:</i> 330 cals 12 g protein 15 g fat 41 g carbs (10 g fiber, 12 g sugar)	Gluten Free Oat Flour, Grass-Fed Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate), Tapioca Syrup, Chicory Root Fiber, Almond Butter, Brown Sugar, Sugar, Sunflower Oil, Natural Flavors, Grass-Fed Butter, Water, Glycerin, Responsibly-Caught Fish Oil (Anchovy, Sardine, Tilapia), Chocolate Liquor, Soy Lecithin, Sea Salt, Cocoa Butter, Baking Soda	<i>3 flavors:</i> Chocolate Chip Peanut Butter White Chocolate Macadamia	\$2.00 per cookie	Although these cookies are near the top of the list in terms of taste and texture, I had to bump them down to the middle of the list because of the macros.	
The Protein Cookie Co. - Classic Chocolate Chip	7.5 These aren't excessively sweet which is nice, but the cookie does have a bit of an artificial aftertaste and not as many chocolate chips as I would prefer.	9 These cookies are nice, soft baked cookies. I actually prefer one that's a little denser though (I'm a fan of the chewy Chips Ahoy as reference).	<i>Per 65 g cookie:</i> 250 cals 22 g protein 9 g fat 20 g carbs (<1 g fiber, 9 g sugar)	All Natural Proprietary Whey Blend, palm oil blend, enriched soft white wheat flour (unbleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), premium semi-sweet chocolate morsels, eggs whole pasteurized, 100% pure pumpkin, all natural dark cocoa, stevia, dark brown sugar, corn starch, fine sea salt, pure chocolate extract, baking soda	<i>4 flavors:</i> Classic Chocolate Chip Classic Peanut Butter Chip Dark Cocoa Chocolate Chip Oatmeal Raisin	\$32.99 / 12 pack = \$2.75 per cookie	These cookies are widely available at HEB stores in Texas or you can order them online. Bonus Flavor Review - Double Chocolate - The chocolate flavor is deep like a brownie but again, I would like a denser cookie.	
Justine's Protein Cookies - Chocolate Chip	8 This is a good chocolate chip cookie, though I think it could use a touch more salt to set off the sweetness.	8.5 Justine's cookies have a nice soft chewiness to them, though they get an almost crumbly texture as you chew them? Hard to describe, but it won't stop me from eating them!	<i>Per 64g cookie:</i> 260 cals 17 g protein 14 g fat 24 g carbs (7 g fiber, <1 g sugar, 16 g sugar alcohol)	Justine's protein blend (48%) (calcium caseinate (milk), almonds, egg), no added sugar dark compound choc-type chips (12%) (sweetener (maltitol), vegetable fat (fractionated hydrogenated palm kernel oil (contains emulsifier (sorbitan tristearate))), cocoa solids, soy protein isolate, emulsifier (soy lecithin), natural flavour), sweetener (maltitol), vegetable oil spread (palm oils & fats, water, salt, emulsifier (soy lecithin, mono- and di-glycerides of fatty acids), natural flavour, acidity regulator (citric acid), natural colour (carotene), antioxidant (mixed tocopherols concentrate)), bulking agent (polydextrose), humectant (vegetable glycerol), natural flavour, emulsifier (soy lecithin), baking powder (contains raising agents [sodium acid pyrophosphate, sodium bicarbonate]), sea salt.	<i>5 flavors:</i> Chocolate Chip Chocolate Fudge Peanut Butter Chocolate Chip Protein Brownie White Chocolate Raspberry	\$28.97 / 12 pack = \$2.41 per cookie	This company is based out of New Zealand but just recently rolled out their product on Amazon! I like the cookies and the square shape is a fun twist, but I have to limit myself to 1/2 a cookie at a time because of all the sugar alcohols.	
NuGo Gluten Free Protein Cookie - Dark Chocolate Chip	7.5 This cookie has some good chocolate chip flavor but there's an undertone of something almost fruity in there? I can't quite put my finger on it, but it doesn't necessarily taste artificial.	9 A nice soft chewiness, slightly on the dense side with mini chocolate chips throughout.	<i>Per 50 g serving (1/2 of a cookie):</i> 190 cals 8 g protein 8 g fat 23 g carbs (6 g fiber, 13 g sugar)	Oat Flour, Organic Chocolate Chips (Cane Sugar, Chocolate Liquor, Cocoa Butter, Vanilla), Pea Protein, Brown Sugar, Coconut Oil, Chicory Root Fiber, Sugar, Flax Seed, Vanilla, Salt, Baking Soda, Natural Flavor, Acacia Gum	<i>4 flavors:</i> Dark Chocolate Chip Double Chocolate Oatmeal Raisin Peanut Butter Chocolate	\$27.41 / 12 pack = \$2.28 per cookie	These cookies are vegan, gluten free, and non-GMO.	

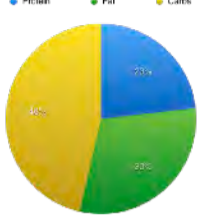
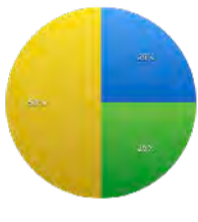
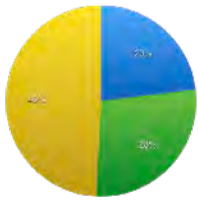
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Munk Pack Protein Cookie - Peanut Butter Chocolate Chip	8.5 These cookies are a bit on the sweet side and don't taste like you would expect a peanut butter chocolate chip cookie to taste. That said, it still has a good flavor.	7.5 These cookies look almost raw when you pull them out of the package. Once you bite into them they do feel a little doughy but have lots of chocolate and peanut butter chips.	<i>Per 84 g cookie:</i> 360 cals 18 g protein 20 g fat 34 g carbs (6 g fiber, 16 g sugar)	Peanut Butter, Turbinado Sugar, Dark Chocolate Chips (Cane Sugar, Chocolate, Cocoa Butter), Gluten Free Oat Flour, Brown Rice Protein, Peanuts, Peanut Flour, Vegetable Glycerin, Gluten Free Oat Fiber, Baking Powder, Natural Peanut Flavor, Natural Vanilla Flavor, Sea Salt, Xanthan Gum, Green Tea Extract (Decaffeinated), Sunflower Lecithin, Monk Fruit Extract.	4 flavors: Coconut White Chip Macadamia Double Dark Chocolate Oatmeal Raisin Spice Peanut Butter Chocolate Chip	\$16.79 / 6 pack = \$2.80 per cookie	Gluten free, vegan, dairy free, soy free, non-GMO	
Sinister Labs SinFit Protein Cookie - Chocolate Chip	8 Holy chocolate, batman! This cookie is loaded with chocolate flavor, although it borders on too sweet for me.	7.5 Once you get through the thick chocolate coating, you reach a pretty dense "cookie" that to me just feels like protein bar in a circular shape. Plenty of chocolate chips on top too!	<i>Per 78 g cookie:</i> 310 cals 20 g protein 12 g fat 35 g carbs (3 g fiber, 7 g sugar, includes 6 g added sugar)	Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Brown Rice Flour, Vegetable Glycerin, Vegetable Oils (Palm, Palm Kernel, Soybean), Maltitol, Sugar, Soy Protein Isolate, Cocoa (processed with alkali), Water, Chicory Root Fiber, Chocolate Liquor, Cocoa Butter, Baking Soda, natural Flavors, Sunflower Lecithin, Potassium Sorbate, Whey, Mono and Diglycerides, Soy Lecithin, Beta-Carotene, Vitamin A Palmitate, Sorbitan Tristearate, Almond, Peanut and Sucralose	3 flavors: Birthday Cake Chocolate Chip Peanut Butter	\$24.65 / 10 pack = \$2.47 per cookie	I was impressed with just how much chocolate is on this one cookie, but if you're not a fan of coated cookies, this probably isn't for you. This cookie is gluten free.	
Her Whey Lean Protein Cookie - Snickerdoodle	7.5 You get some of that characteristic "protein cookie" flavor but it still has a nice bit of cinnamon/snickerdoodle flavor. Luckily it's not overwhelmingly sweet like many of the other big name protein bar brands' cookies.	8 It's a bit chewier than regular cookies but it's not overly dense or crumbly. It has some icing on top that doesn't add much in terms of texture, but it's got nice pops of cinnamon on the inside.	<i>Per 60 g cookie:</i> 230 cals 15 g protein 7 g fat 27 g carbs (3 g fiber, 4 g sugar, includes 3 g added sugar)	Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Pea Protein Isolate), Brown Rice Flour, Vegetable Glycerin, Vegetable Oils (Palm, Palm Kernel, Soybean), Soy Protein Isolate, Maltitol, Chicory Root Fiber, Sugar, Water, Baking Soda, Cinnamon, Natural Flavors, Sunflower Lecithin, Whey, Mono and Diglycerides, Beta Carotene, Vitamin A Palmitate, Soy Lecithin, Potassium Sorbate, Almond, Peanut, and Sucralose	2 flavors: Chocolate Chip Snickerdoodle	\$24.99 / 12 pack = \$2.08 per cookie	A little smaller than many others on the list and mine came in an almost rectangular shape. Not sure if it just got beat up during shipment or if that's the norm.	
Quest Protein Cookie - Chocolate Chip	7 The stevia aftertaste is quite strong with this cookie and the chocolate chips didn't lend much flavor.	8.5 These have a nice in-between type texture - not too chewy but not too dry or crisp. I enjoyed the texture but even though there are a lot of chocolate chips, the chips are kind of hard.	<i>Per 59 g cookie:</i> 250 cals 15 g protein 17 g fat 19 g carbs (9 g fiber, <1 g sugar, 6 g erythritol)	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Butter, Soluble Corn Fiber, Erythritol, Unsweetened Chocolate, Palm Oil, Calcium Caseinate, Natural Flavors, Water, Cocoa Butter, Sunflower Lecithin, Sea Salt, Baking Soda, Sodium Caseinate, Xanthan Gum, Steviol Glycosides (Stevia), Peanuts	4 flavors: Chocolate Chip Double Chocolate Chip Oatmeal Raisin Peanut Butter	\$23.99 / 12 pack = \$2.00 per cookie	I don't think I would buy these again just because of the overwhelming stevia aftertaste but they're worth a try if you can handle that.	

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Bake City Cookie-Protein	<p>Chocolate Chip (6.5): Decent flavor, though I felt like I had to hunt for that classic cookie flavor. I also thought it was a touch too sweet and there was a little bit of an odd taste - almost like too much sugar alcohol even though there's no sugar alcohol in the cookie.</p> <p>Espresso Dark Chocolate (7.5): I love the espresso flavor in this cookie and it works well with the dark chocolate chips. There's still a bit of an aftertaste though.</p> <p>Oatmeal Raisin (4): This cookie smelled weird when I opened the package and it had an overwhelmingly fake taste.</p>	<p>8</p> <p>Overall a pretty nice soft, chewy cookie that's moist, but a bit crumbly. The chocolate chips are creamy and delicious.</p>	<p><i>Per 57 g (1/2 cookie):</i> 210 cals 11 g protein 7 g fat 27 g carbs (3 g fiber, 20 g sugar)</p>	<p>Evaporated Cane Juice, Faba Bean Protein, Water, Wheat Gluten, Semi-Sweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin (An Emulsifier), Natural Vanilla Extract), Palm Oil, Raw Sugar, Molasses, Food Starch-Modified, Contains Less Than 2% of Baking Soda, Citrus Fiber (Dried Orange Pulp), Maltodextrin, Natural Vanilla Flavor [Sugar Syrup, Natural Flavor, Ground Vanilla, Vegetable Gum, Premium Bourbon Vanilla Beans], Pure Vanilla Extract (Water, Ethyl Alcohol, and Extractives of Madagascar Vanilla Beans), Salt.</p>	<p><i>4 flavors:</i> Chocolate Chip, Espresso Dark Chocolate, Oatmeal Raisin, Peanut Butter</p>	<p>\$24.99 / 12 pack (2 servings per pack) = \$1.04 per serving</p>	<p>I thought the packaging was a bit misleading with "22g protein" stamped in big letters. Turns out that the serving size is only half a cookie, which has only 11 grams of protein.</p>	
Lenny & Larry's Complete Crunchy Cookies	<p>Chocolate Chip (7): Good cookie flavor, good level of sweetness, but hardly any chocolate chips to speak of.</p> <p>Double Chocolate (8): These ones had more chocolate chips than the chocolate chip cookies, but there was a bit of a fake-ness to the chocolate flavor of the cookie.</p>	<p>7</p> <p>When they say these cookies are crunchy, they really mean crunchy! I couldn't even use my front teeth to chomp through and take a bite of one of these mini cookies. They were getting close to the texture of a brittle (you know that brownie brittle you always see in stores? Yeah, that one.) That said, if you like crunchy cookies, these are enjoyable.</p>	<p><i>Per 35 g bag:</i> 160 cals 6 g protein 8 g fat 20 g carbs (4 g fiber, 9 g sugar)</p>	<p>Protein Blend (Vital Wheat Gluten, Pea Protein), Cane Sugar, Chicory Root Fiber, Palm Fruit Oil, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate (Unsweetened Chocolate, Sugar, Cocoa Butter, Dextrose, Natural Vanilla Extract), Sunflower Oil, Salt, Baking Soda</p>	<p><i>3 flavors:</i> Chocolate Chip Cinnamon Sugar Double Chocolate</p>	<p>\$21.25 / 12 pack = \$1.77 per bag</p>	<p>You really only get about 6 little cookies in each single serve bag. It feels like you're getting shorted since the bag could really fit so many more!</p> <p>The ingredients and nutrition listed are for the chocolate chip flavor, though they're very similar for the double chocolate.</p>	
No Cow Plant Based Protein Cookie - Chocolate Chip	<p>6</p> <p>I felt like I really had to think about it to get that cookie flavor. I know that I ate chocolate chips, but I really didn't taste them. Granted, there's no weird taste or overpowering sweetness.</p>	<p>9</p> <p>These have a great soft-baked cookie bite to them. The chocolate chips are very melty when you sink your teeth into them...but maybe a little too melty because I couldn't even tell they were there.</p>	<p><i>Per 50 g cookie:</i> 240 cals 12 g protein 16 g fat 19 g carbs (9 g fiber 1 g sugar, 7 g sugar alcohol)</p>	<p>Protein Blend (Brown Rice Protein, Pea Protein), Almonds, Palm Oil, Water, Glycerin, Chocolate Chips (Cocoa Liquor, Soluble Vegetable Fiber (Non-GMO Corn), Cocoa Butter, Natural Flavors), Soluble Vegetable Fiber (Corn)*, Oat Flour, Erythritol, Xanthan Gum, Natural Flavors, Baking Soda, Salt, Stevia Extract, Monk Fruit</p>	<p><i>4 flavors:</i> Chocolate Chip Double Chocolate Peanut Butter Snickerdoodle</p>	<p>\$19.99 / 12 pack = \$1.67 per cookie</p>	<p>This cookie feels small, but I do appreciate that they didn't give me one giant cookie and tell me that 1 serving is only half of it. That said, this one is pretty high in fat, so the macros aren't great.</p>	

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Met-Rx Cookie Bites - Chocolate Chip	6.5 Good level of sweetness and some chocolate flavor, but there's a pretty noticeable artificial taste to these mini cookies.	8 These have a great cookie chew to them, but they tend toward the dry side once you really get to chewing on them.	<i>Per 54 g bag:</i> 200 cals 12 g protein 7 g fat 24 g carbs (5 g fiber, 9 g sugar, 5 g sugar alcohols)	Milk Protein Concentrate), Sugar Free Dark Chocolate Chips (Maltitol, Chocolate Liquor [processed with alkali], Cocoa Butter, Sorbitan Tristearate [emulsifier], Soy Lecithin [emulsifier], Vanilla), Margarine (Palm Oil, Water, Soybean Oil, Salt, Natural Flavor, Soy Lecithin, Beta Carotene [added for color], Vitamin A Palmitate), Vital Wheat Gluten, Dark Brown Sugar, Eggs, Invert Sugar, Sugarcane Fiber, Resistant Maltodextrin, Glycerine, Molasses, Natural Flavors, Water, Natural Sweetener (Erythritol, Stevia Leaf Extract, Natural Flavors), Baking Soda	<i>2 flavors:</i> Chocolate Chip, Chocolate Peanut Butter	\$15.89 / 8 pack = \$1.99 per pack	As of 1/15/19, there's also a \$1 off coupon on Amazon for an 8-pack of these cookies.	
Know Better Cookie - Chocolate Chip	7.5 I like that this cookie doesn't taste artificial like a lot of the competition out there. That said, it's got kind of a nutty flavor and the chocolate chips are hard to taste.	6 It's kind of mealy for a cookie...I know it's because of the coconut and flaxseeds because I can pick out their textures in the cookie. Not my favorite.	<i>Per 114 g cookie:</i> 395 cals 18 g protein 32 g fat 42 g carbs (12 g fiber, 28 g sugar**)	Almonds, Allulose, Chocolate chips (Cane sugar, Unsweetened chocolate, Cocoa butter), Water, Dried coconut, Dried egg whites, Organic coconut oil, Organic prebiotic fiber, Flax seeds, Organic coconut flour, Chia seeds, Leavening (Potassium bicarbonate, Monocalcium phosphate), Organic sea salt, Organic flax flour	<i>4 flavors:</i> Chocolate Chip Cinnamon Double Chocolate Lemon	\$10.00 / 4 pack = \$2.50 per cookie	This cookie has a laundry list of attributes on the package including: grain free, gluten free, soy free, peanut free, dairy free, lactose free, non-GMO, and paleo friendly. **This company uses 26 g of allulose per cookie as a sweetener (Quest Nutrition uses it in some of their bars too). They are required by the FDA to include it as sugar on the nutrition label, but claims that it only has "10% of the calories of table sugar and is not recognized by the body as a carbohydrate." Read here for more info.	
Icon Protein Cookie - Chocolate Chip	7 The flavor of this cookie is pretty good, though it's a bit too sweet and leaves an aftertaste.	6.5 I like the big chunks of chocolate chips in these cookies, but they're pretty dense and chewy.	<i>Per 70 g cookie:</i> 270 cals 15 g protein 8 g fat 32 g carbs (3 g fiber, 6 g sugar)	Brown Rice Flour, Chocolate Wafers (Vegetable Oils [Palm, Palm Kernel], Whey Protein Isolate, Sugar, Maltitol, Cocoa [processed with alkali], Soy Lecithin, Natural Flavor, Vanilla, Sucralose), Vegetable Glycerin, Whey Protein Concentrate, Soy Protein Isolate, Margarine (Palm Oil, Water, Soybean Oil, Whey, Mono and Diglycerides, Soy Lecithin, Natural Butter Flavor, Beta-Carotene, Vitamin A Palmitate), Chicory Root Fiber, Maltitol, Water, Sugar, Dark Chocolate Coating (Sugar, Palm Kernel Oil, Cocoa, Non-Fat Dry Milk, Soy Lecithin, Vanilla), Palm Oil, Baking Soda, Natural Flavor, Salt, Potassium Sorbate, Almond, Peanut, and Sucralose	<i>5 flavors:</i> Chocolate Chip Oatmeal Raisin Peanut Butter Snickerdoodle Triple Chocolate	\$30.00 / 12 pack = \$2.50 per cookie	These cookies are just okay. I wouldn't buy them again. Fun fact - it's practically impossible to find the ingredients list for this cookie online. I searched high and low in hopes of not having to type that sucker out, but alas...I typed it out.	

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ProSupps MyCookie - Chocolate Chip	7 Very similar in taste to the Icon Protein Cookie - too sweet to enjoy.	6 Again, very similar to the Icon Protein Cookie, just with smaller chocolate chips. Too dense and chewy to feel like a cookie.	<i>Per 80 g cookie:</i> 290 cals 18 g protein 8 g fat 36 g carbs (4 g fiber, 7 g sugar)	Brown Rice Flour, Chocolate Wafers (Vegetable Oils (Palm, Palm Kernel), Whey Protein isolate, Sugar, Maltitol, Cocoa (processed with alkali), Soy Lecithin, Natural Flavor, Vanilla, Sucralose), Vegetable Glycerin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Soy Protein Isolate, Margarine (Palm Oil, Water, Soybean Oil, Whey, Mono and Diglycerides, Soy Lecithin, Natural Butter Flavor, Beta-Carotene, Vitamin A Palmitate), Chicory Root Fiber, Maltitol, Water, Sugar, Dark Chocolate Coating (Sugar, Palm Kernel Oil, Cocoa, Non-Fat Dry Milk, Soy Lecithin, Vanilla), Palm Oil, Baking Soda, Natural Flavor, Salt, Potassium Sorbate, Almond, Peanut and Sucralose	<i>7 flavors:</i> Carrot Cake Chocolate Chip Iced Lemon Pound Cake Peanut Butter Red Velvet Cake Snickerdoodle White Chocolate Chip	\$22.87 / 12 pack = \$1.91 per cookie	I wouldn't buy these again.	
MyProtein Protein Cookie - Double Chocolate Chip	5 A little on the artificial side of sweetness with a cardboard aftertaste, but nice and chocolatey while you chew.	6 You can feel the graininess of the protein, and the chocolate chips are on the small side. Other than that, they actually feel like a nice soft baked cookie.	<i>Per 75 g cookie:</i> 320 cals 37.5 g protein 10 g fat 20 g carbs (1 g fiber, 7 g sugar)	Milk Protein, Hydrolyzed Gelatine, Glycerine, Vegetable Oil, Chocolate Chips (Cocoa Mass, Sugar, Soya Lecithin), Soy Protein, Sugar, Reduced Fat Cocoa Powder, Oat Flour, Gum Acacia, Sodium Bicarbonate, Cream of Tartar, Natural & Artificial Flavors, Salt, Sucralose	<i>6 flavors:</i> Chocolate Mint Chocolate Orange Cookies & Cream Double Chocolate Chip Oat & Raisin White Almond	\$24.99 / 12 pack = \$2.08 per cookie	Compared to the size and nutrition of the other cookies, this one is about double per serving...so if you break it in half and make each cookie stretch for 2 servings of 1.3 oz, the macros you would end up with are: 160 cals / 19 g protein / 5 g fat / 10 g carbs. These cookies have the best macro balance of all the cookies on the list (though they are higher in calories than other options).	
My Protein Bites Cookie Bites - Oatmeal Raisin	4 Pretty artificial tasting with a cardboard-y flavor...not much oatmeal raisin going on.	6 A bit dry and crumbly.	<i>Per 24 g cookie (3 cookies per package):</i> 84 cals 8 g protein 2 g fat 10 g carbs (3 g fiber, 3 g sugar, includes 2 g added sugar)	Protein blend (oat flour, non-fat milk powder, whey protein concentrate, brown rice flour), brown sugar, coconut butter, maltodextrin, raisins, rolled oats, whole eggs, ground cinnamon, almond milk, baking soda, salt.	<i>8 flavors:</i> Birthday Cake Chocolate Chip Double Chocolate Lemon Drop Oatmeal Raisin Red Velvet Snickerdoodle White Macadamia	\$2.99 per package of 3 cookies	These are a nice change from most of the other giant cookies since they come in a pack of 3... unfortunately, I still wouldn't buy them again.	
MuscleTech Protein Cooke - Chocolate Chip	4 This cookie is waaaaay too sweet and has an artificial aftertaste.	6 The texture is pretty dense for a cookie. It makes me think I'm just eating an extra sweet round protein bar.	<i>Per 92 g cookie:</i> 350 cals 18 g protein 9 g fat 49 g carbs (8 g fiber, 14 g sugar)	Baked Protein Cookie Blend (Brown Rice Flour, Vegetable Glycerin, Chocolate Chips [Sugar, Chocolate Liqueur, Cocoa Butter, Soy Lecithin, Vanilla], Whey Protein Concentrate, Chicory Root Fiber, Margarine [Palm Oil, Water, Soybean Oil, Whey, Mono and Diglycerides, Natural Butter Flavor, Beta-Carotene, Vitamin A Palmitate], Sugar, Water, Chocolate Drizzle [Sugar, Palm Kernel Oil, Non-Fat Dry Milk, Cocoa (Processed with Alkali), Soy Lecithin, Vanilla], Palm Oil, Baking Soda, Salt, Natural Flavor, Potassium Sorbate, Almonds, Peanuts, Sucralose), Isolated Soy Protein.	<i>4 flavors:</i> Birthday Cake Chocolate Chip Peanut Butter Chip Triple Chocolate	\$10.99 / 12 pack = \$0.92 per cookie	I wouldn't buy this cookie again. It's just sooo sweet that it really made me not feel well. Aside from the taste, 1 cookie is a 350 calorie gut bomb.	

Quest for the Best - Protein Cookie

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)								
Whey 2 Be Protein Cookie - Chocolate Chip	3 This cookie has no cookie taste at all...it's just an extremely artificial taste that you can smell as soon as you open the package.	6 Kind of dry and crumbly even though it looks like it might be nice and chewy.	<i>Per 46 g serving (1/2 of a cookie):</i> 170 cals 10 g protein 8 g carbs 23 g carbs (1 g fiber, 9 g sugar, 8 g sugar alcohol)	Whey protein concentrate, erythritol, butter(cream, salt), wheat flour (wheat flour, malted barley flour), raisin, chocolate chips (sugar, palm kernel oil, cocoa powder, sunflower lecithin (an emulsifier), salt), invert sugar, glycerin, brown rice protein, whole eggs (eggs, salt), dietary fiber (made from tapioca starch), wheat gluten, natural flavor, molasses, sunflower lecithin, sea salt, baking soda	6 flavors: Bakers Trash Dark, Bakers Trash White, Banana Oatmeal Chocolate Chip, Chocolate Chip, Chocolate Chocolate Chip, Peanut Butter	\$35.99 / 12 pack = \$2.99 per cookie	I definitely would not buy this cookie again...I could barely take 1 bite.	<p>Legend: Protein (blue), Fat (green), Carbs (yellow)</p> <table border="1"> <tr> <th>Macro</th> <th>Percentage</th> </tr> <tr> <td>Protein</td> <td>20%</td> </tr> <tr> <td>Fat</td> <td>30%</td> </tr> <tr> <td>Carbs</td> <td>50%</td> </tr> </table>	Macro	Percentage	Protein	20%	Fat	30%	Carbs	50%
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