



# 99 EDIBLE COOKIE DOUGH

## INGREDIENTS

### Ingredients:

- 1 can (15 oz) cannellini beans, drained and rinsed
- ¼ cup almond butter
- 3 tbsp maple syrup
- 2 tbsp vanilla protein powder
- 1 tbsp milk (any type on hand)
- 1/2 tsp vanilla extract
- ⅓ cup semi-sweet chocolate chips

## DIRECTIONS

1. In a food processor, mix cannellini beans, almond butter, maple syrup, protein powder, milk and vanilla extract
2. Add chocolate chips and pulse a couple times
3. Serve immediately, or store in a sealed container in the refrigerator for a healthy treat after hard efforts or long sessions.

## Why This is Mission-Ready Fuel:

Every ingredient is tactical.

- **Cannellini Beans**—Packed with protein, fiber, and slow-digesting carbs that support sustained energy. Plus, they blend smooth, like culinary camouflage.
  - **Almond Butter**—Healthy fats for hormone balance, satiety, and stable energy—keeps you focused, grounded, and fueled for the long haul.
  - **Maple Syrup**—Natural sugar with trace minerals, ideal for fast energy without the high-glycemic spike of refined sugars.
  - **Vanilla Protein Powder**—Muscle support—this addition levels it up from snack to strategic fuel.
  - **Chocolate Chips**—A bit of dark sweetness to keep the squad smiling—because even rebels deserve dessert after a solid effort. Plus, antioxidants. That's science.
- Quick and easy treat. Zero wasted time. No crash, no junk—just mission-ready nutrition.

## NOTES

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