

# High-Protein Cookie



## INGREDIENTS


	Usage Levels (%)
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	<b>16.0</b>
Sugar, brown	14.0
Sugar, white	14.0
Peanut butter	12.0
Shortening	7.0
Water	7.0
Mini peanut butter morsels	7.0
Flour, cake	5.0
Egg, whole	5.0
High fructose corn syrup	5.0
Soy protein isolate	3.0
Egg white powder	3.0
Vanilla extract	1.0
Flavor, peanut butter	0.5
Salt	0.3
Baking powder	0.2
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	450kcal
<b>Total Fat</b>	19g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	40mg
<b>Total Carbohydrates</b>	47g
Dietary Fiber	2g
Sugars	38g
<b>Protein</b>	25g
Calcium	49mg
Magnesium	0mg
Phosphorus	150mg
Potassium	260mg
Sodium	290mg
Iron	1mg
Vitamin A	49IU
Vitamin C	0mg

## PREPARATION

1. **Cream shortening, corn syrup, egg and sugars at low speed.**
2. **Add dry powders, other ingredients, and water. Mix for an additional 60 seconds.**
3. **Fold in mini peanut butter morsels.**
4. **Portion dough onto a cookie sheet and bake at 177°C (350°F) for 10 minutes.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product.  [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. Developed by Proliant, Inc. ©2014 U.S. Dairy Export Council.