AMERICAN · DESSERT · SNACK

Keto High-Protein Pumpkin Cookies with Cream Cheese Frosting

30 min | Makes 6 × 1 large cookie | 244 kcal a portion | Video 5:19 · KetoFocus

Vegetarian | Gluten-free ingredients

Greek yogurt, whey and almond flour give each big cookie about 16 g protein and 3 g fibre with no added sugar, for about 6 g net carbs; the pumpkin makes it a good source of vitamin A.

Diet notes: Keto (5.7 g net carbs a serve).

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Ingredients

16 · MAKES 6 × 1 LARGE COOKIE

- [ ] 1/3 cup **plain Greek yogurt** (5%), for the cookies
- [ ] 1/2 cup **pure pumpkin puree** (not pie filling)
- [ ] 1/4 cup **sugar-free granulated sweetener** (Lakanto Classic)
- [ ] 1 large **egg**
- [ ] 1 tsp **vanilla extract**
- [ ] 1 cup **almond flour**
- [ ] 1 tbsp **oat fiber**
- [ ] 1 oz (1 scoop) **unflavoured whey protein powder** (isolate), for the cookies
- [ ] 1/2 tsp **baking powder**
- [ ] a pinch of **salt**
- [ ] 1 tsp **pumpkin pie spice**
- [ ] 4 oz **cream cheese**, softened, for the frosting
- [ ] 1/4 cup **plain Greek yogurt**, for the frosting
- [ ] 1 oz (1 scoop) **unflavoured whey protein powder** (isolate), for the frosting
- [ ] 2 tbsp **sugar-free sweetener**, for the frosting
- [ ] a pinch of **pumpkin pie spice**, for dusting

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. In a large bowl, whisk the Greek yogurt, pumpkin puree, sweetener, egg and vanilla until smooth. 0:24
2. Add the almond flour, oat fiber, protein powder, baking powder, a pinch of salt and the pumpkin pie spice, and stir just until combined. 1:48
3. Scoop 6 large cookies onto a lined baking tray and bake 15–18 minutes, until set and slightly firm on top. 2:57
4. For the frosting, beat the softened cream cheese, Greek yogurt, protein powder and sweetener with an electric mixer until light and fluffy. 3:54
5. Once the cookies have cooled, spread the frosting generously on top and dust with a little pumpkin pie spice. 4:40

> **Tip** Use pure pumpkin puree, not pie filling, which has sugar. Oat fiber is almost all fibre and gives a bakery crumb. The cook used a large (2–3 tbsp) scoop for 6 big cookies.

The method is a summary in our words — the video shows every step.

One portion (1 large cookie) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
244 kcal	16 g	9 g
1,020 kJ	31% of a day	5.7 g net · 3.3 g sugars
		3% of a day

FIBRE	FAT	SODIUM
3.3 g	17 g	190 mg
12% of a day	5.6 g saturated	8% of a day
	22% of a day	

Energy from net carbs 10% · protein 27% · fat 63% — fits keto: 5.7 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Vitamin E 32% · Vitamin A 27%

Source of (10–19%) Vitamin B12 17% · Magnesium 15% · Selenium 15% · Calcium 11% · Zinc 10%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=nUU1Jb6eEzM, published 27 October 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/high-protein-pumpkin-cookies-cream-cheese-frosting