

12 Healthy Cookie Dough Recipes to Curb Your Cravings

Summary: Do you enjoy eating a few bites of cookie dough before you bake a batch of cookies? Try these 12 healthy cookie dough recipes so you can indulge without the guilt.

Many of us have fond memories of licking the spoon, beaters, and/or bowl after making a batch of cookies. Let's be real, many of us still do that as adults. But what if you're trying to reduce your sugar intake and watch your waistline? Cookie dough cravings can be a real problem for those of us who love to bake or simply love cookie dough, especially since it's so easy to buy premade cookie dough at the grocery store these days. But how do you satisfy those cravings without going overboard?

Healthy cookie dough, of course! The recipes below vary from smoothies to overnight oats to full on replicas of cookie dough, but in a healthier way. Browse through and find one whose ingredients fit your lifestyle, diet and taste buds to help curb your cookie dough cravings.



Super Healthy Clean Cookie Dough from Priscilla's Healthy Blog



Oatmeal Raisin Cookie Dough Dip from Living Well Kitchen



Skinny Edible Chocolate Chip Cookie Dough from The Skinny Fork



Chocolate Chip Cookie Dough Protein Smoothie from The Seasoned Mom



Healthy Cookie Dough Dip from Chocolate Covered Katie



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Healthy Protein Cookie Dough from



Cookie Dough Overnight Oats from PopSugar





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Chocolate Chip Cookie Dough Protein Bars from Amy's Healthy Baking



Oatmeal Raisin Cookie Dough "Ice Cream" from Eating Bird Food



Healthy Paleo Cookie Dough for One from The Big Man's World



Peanut Butter Cookie Dough Protein Balls from Inspired Gathering