



# What's in Our Cookie Dough

## **BAKING INSTRUCTIONS:**

**Directions to bake your cookies are also printed on each tub.**

1. Preheat oven to 350 degrees.
2. Spoon desired amount onto un-greased cookie sheet.
3. Bake for 10-12 minutes or until edges are golden brown (baking time may vary depending upon your oven).
4. Cool on cookie sheet for 1 minute.
5. Transfer to cooling rack for additional cooling.
6. Enjoy!

**A 2.25lb tub is 36oz, so we like to say it makes 36 - 1oz. cookies**

**REMINDER** Our cookie dough is "shelf stable" at room temperature at 77 degrees or below up to 21 days, in the fridge for 6 months, and in the freezer for 12 months. It can also be frozen and thawed repeatedly without fear of contamination or compromising the flavor. As long as the packaging remains intact and undamaged, you can store your cookie dough in the freezer or fridge, depending on how quickly you plain to gobble it up!

**If you have any additional questions, please feel free to reach out to us via email at [orders@goldathletics.com](mailto:orders@goldathletics.com).**

**GOLD  
ATHLETICS**

Phone: (888) 531-7074  
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[www.GoldAthletics.com](http://www.GoldAthletics.com)

## Nutrition Facts

About 36 servings per container  
Serving size 1 cookie (28g)

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 10g Added Sugars	20%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 28mg	0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Chunky Chocolate Chip



**INGREDIENTS:** BLEACHED WHEAT FLOUR, SUGAR, PALMOIL, BROWN SUGAR, SEMI-SWEET CHOCOLATE DROPS(SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN, AND VANILLIN (AN ARTIFICIAL FLAVOR)), WATER, SEMI-SWEET CHOCOLATE CHUNKS(SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOYLECITHIN (AS AN EMLUSIFIER)), WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATODEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

**CONTAINS MILK, SOY, WHEAT.**

## Nutrition Facts

About 36 servings per container  
Serving size 1 cookie (28g)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 105mg	5%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 8g Added Sugars	16%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 22mg	0%

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## Oatmeal Raisin



**INGREDIENTS:** BLEACHED WHEAT FLOUR, SUGAR, PALM OIL, BROWN SUGAR, SEEDLESS RAISINS, WATER, OATS, WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATODEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, SALT, BAKING SODA, CINNAMON, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

**CONTAINS MILK, WHEAT.**

## Nutrition Facts

About 36 servings per container  
**Serving size** 1 cookie (28g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 23mg	<b>0%</b>

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## Rainbow - MMM Candies



**INGREDIENTS:** BLEACHED WHEAT FLOUR, SUGAR, PALMOIL, BROWN SUGAR, SEMI-SWEET GEMS (DARK CHOCOLATE [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN {AN EMULSIFIER}, VANILLA], SUGAR, LESS THAN 1% OF ARTIFICIAL COLORING [INCLUDES YELLOW 5 LAKE, RED 40 LAKE, YELLOW 6 LAKE, BLUE 2 LAKE, BLUE 1 LAKE, YELLOW 5, BLUE 1, YELLOW 6]), GUM ACACIA, CORN SYRUP, CARNAUBA WAX, SHELLAC, BEESWAX, WATER, WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATO DEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

**CONTAINS MILK, SOY, WHEAT.**

## Nutrition Facts

About 36 servings per container  
**Serving size** 1 cookie (28g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 19mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 34mg	<b>0%</b>

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## Salted Caramel



**INGREDIENTS:** BLEACHED WHEAT FLOUR, PALM OIL, BROWN SUGAR, CARAMEL DROPS (SUGAR, COCOA BUTTER, NONFAT DRY MILK, WHOLE MILK POWDER, CREAM POWDER (MILK), CARAMELIZED SUGAR, WHEY POWDER, SOY LECITHIN, IODIZED SALT, NATURAL VANILLA EXTRACT), SUGAR, WATER, SALTED CARAMEL FLAVORED SPRINKLES (SUGAR, BROWN SUGAR, SALT, NATURAL FLAVOR (CONTAINS DAIRY COMPONENTS), WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATO DEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, SALT, BAKING SODA, SALTED CARAMEL TYPE FLAVOR NATURAL (MALTO DEXTRIN, SALT, NATURAL FLAVORS, SILICON DIOXIDE [ANTI-CAKING AGENT]), ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL, PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

**CONTAINS MILK, SOY, WHEAT.**

## Nutrition Facts

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**Serving size 1 cookie (28g)**

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	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 4mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 14mg	<b>0%</b>

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## Celebration - Birthday Cake



**INGREDIENTS:** BLEACHED WHEATFLOUR, SUGAR, PALM OIL, RAINBOW SPRINKLES (SUGAR, CORN STARCH, PALM OIL AND PALM KERNEL OIL, DEXTRIN, SOYLECITHIN, CARNAUBA WAX, CONFECTIONER'S GLAZE, YELLOW 5 LAKE, YELLOW 6 LAKE, BLUE 1 LAKE, RED 40 LAKE, RED 3, BLUE 2 AND RED 40), WATER, WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATO DEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, BIRTHDAY CAKE TYPE FLAVOR NATURAL (DEXTROSE, NATURAL FLAVORS, SILICON DIOXIDE [ANTI-CAKING AGENT]), SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

**CONTAINS MILK, SOY, WHEAT.**

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Amount per serving  
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	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 4mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 16mg	<b>0%</b>

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## Sugar



**INGREDIENTS:** BLEACHED WHEATFLOUR, SUGAR, PALM OIL, WATER, WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATO DEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

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Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 9mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 20mg	<b>0%</b>

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## Snickerdoodle



**INGREDIENTS:** BLEACHED WHEATFLOUR, SUGAR, PALM OIL, BROWN SUGAR, WATER, WHEYPROTEIN CONCENTRATE, FIBERBLEND (PEA FIBER, POTATODEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEEDFIBER), INVERT SUGAR, SALT, BAKING SODA, CINNAMON, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCOL), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

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## Nutrition Facts

About 36 servings per container  
**Serving size** 1 cookie (28g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 16mg	<b>0%</b>

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## White Chocolate Macadamia Nut



**INGREDIENTS:** BLEACHED WHEATFLOUR, SUGAR, PALM OIL, WHITE CONFECTIONERS CHIPS (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, SOY LECITHIN, NATURAL VANILLA EXTRACT), BROWN SUGAR, WATER, MACADAMIA NUTS, WHEY PROTEIN CONCENTRATE, FIBER BLEND (PEA FIBER, POTATO DEXTRIN, PSYLLIUM FIBER, BAMBOO FIBER, FLAXSEED FIBER), INVERT SUGAR, SALT, BAKING SODA, ARTIFICIAL VANILLA FLAVOR (DEXTROSE, ETHYL ALCOHOL AND PROPYLENE GLYCO), ARTIFICIAL BUTTER FLAVOR (DEXTROSE, MALTO DEXTRIN, GUM ACACIA, AND CAPRIC/CAPRYLIC TRIGLYCERIDES).

**CONTAINS MILK, SOY, MACADAMIA NUTS, WHEAT.**