Neighbors × GOLD ATHLETICS™

What's in Our Cookie Dough

BAKING INSTRUCTIONS:

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

1. Preheat oven to 330 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.

GOLD ATHLETICS
Phone: (888) 531-7074
orders@goldathletics.com
www.GoldAthletics.com

Chunky Chocolate Chip

Nutrition Facts

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

Calories per serving **120**

Amount/serving	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**

Amount/serving	% Daily Value*
Total Carbohydrate 18g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Incl. 10g Added Sugars	**20%**
Protein 1g	

Vitamin D 0mcg 0% • Calcium 7mg 0% • Iron 0mg 0% • Potassium 28mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, 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, soy lecithin (as an emlusifier)), 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.

2.25lb Tub
07-1201
2.25lb
Pre-portioned
25-9001

*Makes 36 Cookies

Oatmeal Raisin

Nutrition Facts

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

Calories per serving **110**

Amount/serving	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**

Amount/serving	% Daily Value*
Total Carbohydrate 18g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 9g	
Incl.8g Added Sugars	**16%**
Protein 1g	

Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 0mg 0% • Potassium 22mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, brown sugar, seedless raisins, water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, 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.

2.25lb Tub
07-1203
2.25lb
Pre-portioned
25-9003

*Makes 36 Cookies

Rainbow - MMM Candies

Nutrition Facts

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

Calories per serving **120**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	**6%**	**Total Carbohydrate** 18g	**7%**
Saturated Fat 2.5g	**13%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 10g	
Cholesterol 0mg	**0%**	Incl. 10g Added Sugars	**20%**
Sodium 110mg	**5%**	**Protein** 1g	

Vitamin D 0mcg 0% • Calcium 7mg 0% • Iron 0mg 0% • Potassium 23mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, 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.

2.25lb Tub
07-1205
2.25lb
Pre-portioned
25-9005

*Makes 36 Cookies

Salted Caramel

Nutrition Facts

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

Calories per serving **120**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 5g	**6%**	**Total Carbohydrate** 17g	**6%**
Saturated Fat 2.5g	**13%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 10g	
Cholesterol 0mg	**0%**	Incl. 9g Added Sugars	**18%**
Sodium 150mg	**7%**	**Protein** 1g	

Vitamin D 0mcg 0% • Calcium 19mg 2% • Iron 0mg 0% • Potassium 34mg 0%

*The % Daily Value (DV) 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.

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 (maltodextrin, 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.

2.25lb Tub
07-1211
2.25lb
Pre-portioned
25-9011

*Makes 36 Cookies

Snickerdoodle

Nutrition Facts

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

Calories per serving **120**

Amount/serving	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**

Amount/serving	% Daily Value*
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 9g	
Incl. 9g Added Sugars	**18%**
Protein 1g	

Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 0mg 0% • Potassium 20mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, brown sugar, water, whey protein concentrate, fiber blend (pea fiber, potato dextrin, 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.

2.25lb Tub
07-1209
2.25lb
Pre-portioned
25-9009

*Makes 36 Cookies

White Chocolate Macadamia Nut

Nutrition Facts

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

Calories per serving **120**

Amount/serving	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**

Amount/serving	% Daily Value*
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Incl. 9g Added Sugars	**18%**
Protein 1g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0mg 0% • Potassium 23mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: bleached wheat flour, sugar, palm oil, white chocolate chips (sugar, cocoa butter, whole milk powder, skim milk powder, butteroil, soy lecithin [an emulsifier], natural vanilla flavor), 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.

2.25lb Tub
07-1206
2.25lb
Pre-portioned
25-9006

*Makes 36 Cookies

Sugar

Nutrition Facts

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

Calories per serving **120**

Amount/serving	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**

Amount/serving	% Daily Value*
Total Carbohydrate 18g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 9g	
Incl. 9g Added Sugars	**18%**
Protein 1g	

Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 0mg 0% • Potassium 16mg 0%

*The % Daily Value (DV) 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.

INGREDIENTS: bleached wheat flour, 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).

CONTAINS: milk, wheat.

2.25lb Tub
07-1204
2.25lb
Pre-portioned
25-9004

*Makes 36 Cookies