

Oh Yeah! ONE Bar Chocolate Chip Cookie Dough: A Childhood Favorite!

written by Mike Roberto | September 2, 2015



If you've been tuning into PricePLOW over the past few months, you no doubt noticed we've been on a bit of a protein bar kick! While we have highlighted our favorite Oh Yeah! ONE Bar, and our favorite flavor, Lemon Cake, we simply can't deny the greatness of today's flavor... **Chocolate Chip Cookie Dough!**

What makes this one a "can't miss" protein bar? We'll explain in a second, but first check the best deal and sign up for PricePLOW alerts:

OhYeah! ONE Bar – Deals and Price Drop Alerts

Get Price Alerts

Get ONE Bar Price Alerts Get OhYeah! alerts Get Protein Bars price drops
 Also get hot deal alerts
No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

You can also click [here](#) to go directly to the best deal on the chocolate chip cookie dough flavor specifically.

Chocolate Chip Cookie Dough ONE Bar

Think back to your childhood for a second. It's a Saturday afternoon, your dad is watching the big college football game with his buddies in the living room, your mom is making snacks for the guys in the kitchen, and you just came in from

playing catch with your neighborhood cronies.

Right when you walk in the door, you're immediately drawn into the kitchen by the aroma of hot, fresh-baked, delicious chocolate chip cookies! While the typical kid would race to devour these hot and fresh cookies, you turn your eyes to the kitchen counter and look at the leftover mixing bowl.

You peer over the counter to look in the bowl and see if there's any precious remnants of "chocolate chip cookie gold"...a.k.a. leftover chocolate chip cookie dough.

THERE IS!!! You proceed to lick the bowl clean and savor every morsel of chocolate chip buttery goodness.

This my friends is what awaits you when you bite into the ONE bar of Chocolate Chip Cookie Dough. All the same taste, but actually **good for you!**

Quick Review

new

KEEP CALM AND EAT

On the Border ONE ONLY 1G SUGAR • 21G PROTEIN

#enjoyone

21g PROTEIN | Certified GF Gluten Free | 3g FIBER | ONLY 1g SUGAR | CALORIES 210 | On the Border it's your moment.

As much as the prospect of eating fresh chocolate chip cookie dough sounds, please try to remain calm as you tear into the package lest you spill any crumbs!

Cookie dough is supposed to be *soft*, right?!

Once again, the difference-maker comes down to the *texture*. We all know that Quest Bars *taste* great. But they often feel like they're going to stab your gums and the roof of your mouth. They just never feel "fresh".

It's the exact opposite with ONE Bar. **Insanely soft texture** that elevates the taste sensation because there's no negative sides to it. This is by far the best-textured high-protein low-sugar bar series, especially when talking about a pure isolate protein.

Point is, taste is no longer enough – plenty of companies can do that (Oh Yeah included) – but texture and macros are now king, and that’s why ONE Bar has us so riled up.

But... lemon cake is still the best one!

Chocolate Chip Cookie Dough Macros

Comparing the macros on Chocolate Chip Cookie Dough flavor to the other bars in the ONE bar line up, you’ll notice that each of them have slight differences when compared to the others.. Here’s a breakdown of the label compared to PP’s favorite Lemon Cake:

- **Protein:** 21g vs. 22g for Lemon Cake
- **Carbs:** 24g vs. 23g for Lemon Cake
- **Fat:** 8g vs. 7g for Lemon Cake
- **Calories:** 210 vs. 220 for Lemon Cake

Ingredient Spotlight

Nutrition Facts	
Serving Size 1 bar (60g)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	
Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Potassium 110mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 10g	40%
Sugars 1g	
Sugar Alcohol 11g	
<small>(sugar alcohols total includes 5g of glycerine)</small>	
Protein 21g	42%
Vitamin A 0% Vitamin C 0%	
Calcium 6%	Iron 4%
Phosphorus 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

As we've seen with just about all the ONE bars, each one's macros are just a tad bit different depending on the flavor.

As we've done with each of the previous ONE bars, we like to highlight one or two ingredients that separate each bar from the rest of the family. Today's ingredient happens to be **Sunflower Seed Butter**.

Sunflower Seed Butter

Also known as *sunflower butter* or *sunbutter* comes from sunflower seeds, not surprisingly. Sunflower seeds are a particularly high in protein, fiber, zinc,

and iron.[1] When compared to everyone's favorite nut butter, peanut butter, sunflower seed butter contains more iron, manganese, and Vitamin E (powerful antioxidant in the body).[2]

They also have about half as much saturated fat as peanut butters do!

Sunflower seed butter has experienced a surge in popularity in recent years as a great substitute for peanut butter due to the growing number of food allergies spreading across the population.[3]

As far as using it in a ONE bar, sunflower seed butter will help provide that doughy texture and flavor that so many people have come to love when eating the leftover remnants of raw cookie dough after whipping up a batch of the cookies! It has a neutral enough flavor that won't take away from the chocolate chip goodness as may happen when using peanut butter.

Reviewer Feedback

Reviews from the community have been resoundingly positive, particularly in the areas of flavor and texture of the bar. Reviewer have commented that the chocolate chip flavor dominates (as it should) and the bar has a soft, moist crumb without any hint of gumminess.

One trick that really caught our attention was heating the bar in the microwave for a few seconds to create a "fresh-baked" chocolate chip cookie! We've yet to try that for ourselves, but we'll definitely keep it in mind the next time we have one in our possession.

Takeaway

We won't beat around the bush, chocolate chip cookie dough is nearly universally loved by children and adults alike. There's just something about the taste and texture of it that few things can compare to.

Each time you bite into one of these bars, you'll be whisked back to those nostalgic childhood days of coming home to a fresh batch of homemade chocolate chip cookies and screaming OhYeah! with every bite of this Chocolate Chip Cookie Dough ONE Bar!

At PricePLOW, we are price sensitive, and these are still not cheap. But you can sign up for alerts if a deal gets thrown down by any store, or just allow yourself to splurge for a couple week's supply.

OhYeah! ONE Bar – Deals and Price Drop Alerts

Get Price Alerts

Get ONE Bar Price Alerts Get OhYeah! alerts Get Protein Bars price drops

☐ Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

New Flavor Coming Next?!



The image to the right surfaced on OhYeah! Instagram feed recently. Apparently there's a new flavor in the works, and if it's anywhere near as tasty as the ones we've had, it's going to be OUTSTANDING!

It has a red wrapper, so what could the flavor possibly be? Red Velvet Cake perhaps?

Rest assured that we'll have it covered the second it's released, as well as a mini-review if possible! Make sure to stay tuned to PricePLOW for the best deals and latest supplement happenings!

References

1. https://www.ars.usda.gov/SP2UserFiles/Place/80400525/Articles/ADA10_SunflowerAlmondButter.pdf
2. <https://pubmed.ncbi.nlm.nih.gov/10793887>
3. <https://www.cdc.gov/nchs/data/databriefs/db10.htm>