

# Ghost Whey OREO Cookie Collab – The Best Cookies & Cream Flavor Ever?!

written by Mike Roberto | June 30, 2021

2021 has been a legendary year for **Ghost Lifestyle**, with a round of upgraded “V2” formulas and new flavors all covered in our *Ghost Supplement News* page.

But this one *takes the cake*... or, perhaps, takes the *cookie*!

## Announcing the Ghost Whey OREO COOKIE Collaboration!



Today, Dan Lourenco, Ryan Hughes, and the team at Ghost are more than proud to announce their **Oreo Cookie collaboration with Ghost Whey** – a collab that’s been in the works for *several* years. Oreo Cookies need no introduction, and companies have *long* tried to put the taste of the delicious sandwich cream cookies into protein powders, often with middling success. To have a Nabisco-stamped tub puts all other “Cookies & Cream” flavored protein powders on notice.

This comes a year after the Ghost Whey Chips Ahoy! and Ghost Whey *Nutter Butter* collabs, which are worth noting since they’re both made by *Mondelez International’s Nabisco* unit. Those who enjoyed the rich peanut butter flavor and follow Ghost had to know that this was ultimately one of the “end game” moves.

The entire story is told in Ghost’s *Building the Brand* YouTube series in their 57:22 episode titled “*This Collab Hits Home*”, where you can see CEO and co-founder Dan Lourenco’s original LinkedIn messages to the Mondelez team:

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You can see our original article titled *Ghost Whey: 100% Transparent Formula with INSANE Flavors* to learn more about the formula. Until then, it's time to sign up for our alerts so that you get notified the day this one drops:

## Ghost Whey – Deals and Price Drop Alerts

### Get Price Alerts

Get Whey Price Alerts Get GHOST alerts Get Whey Protein price drops

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## Ghost Whey Oreo Cookie Macros and Nutrition Facts



NUTRITION FACTS	
Approx. 26 Servings per Container	
Serving Size: 1 Rounded Scoop (39 grams)	
Amount Per Serving	
<b>CALORIES</b>	<b>150</b>
	% Daily Value**
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 260mg	11%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 1mg	6%
Potassium 180mg	4%
** The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
<b>Ingredients:</b> Whey Protein (Whey Protein Isolate 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), GHOST® Cookies and Basecake (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Invert Sugar, Natural and Artificial Flavor), Natural and Artificial Flavor, Salt, Cocoa (Processed with Alkali), Xanthan Gum, Titanium Dioxide, <b>Digestive Enzymes</b> (Proteases, Bromelain, Lactase), Cellulose Gum, Sucralose	
Contains: Milk, Soy, Wheat	
<b>FULL DISCLOSURE PROTEIN</b>	Whey Protein Isolate 90% 14.53g Delivering 12.5g Protein
	Whey Protein Concentrate 80% 13.16g Delivering 10g Protein
	Hydrolyzed Whey Protein Isolate 2.90g Delivering 2.5g Protein
NO AMINO SPINING	

• **Calories: 150**

• **Protein: 25g**

- **Total Fat: 2g**
  - **Saturated Fat: 0.5g**
- **Total Carbohydrate: 7g**
  - **Dietary Fiber: 1g**
  - **Total Sugars: 3g**
    - **Added Sugars: 1g**

## Ghost Whey Oreo Cookie Ingredients

The protein blend is the same as the main Ghost Whey formula:

- **Whey Protein Isolate 90%: 14.53g delivering 12.5g Protein**
- **Whey Protein Concentrate 80%: 13.16g delivering 10g Protein**
- **Hydrolyzed Whey Protein Isolate: 2.98g delivering 2.5g Protein**

## All Ghost Whey Flavors

Along with the Oreo Cookie flavor, below is a list of all Ghost Whey flavors that are in stock



## The “end game” of collabs

We love Ghost’s tenacity. While we appreciate the incredible collaboration with Christian Guzman’s mom in the recent Lemon Butter Cake flavor of Ghost Whey,

OREO Cookie is simply on another stratosphere. We expect it to be the strongest “Cookies & Cream” style protein powder on the market – with or without the dunk!

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