



Breakfast Cookies

Ingredients

- x1 cup of rolled oats (gluten-free)
- x2 ripen bananas
- x2 tbsp flax seeds
- x2 tbsp chi seeds
- x2 t b s p h e m p seeds
- x2 tbsp coconut palm sugar

Instructions

1. Mash up bananas in a medium bowl
2. Add in the other ingredients
3. Set aside for 10-15mins
4. Line a tray with non-stick baking paper and preheat oven to 350 F
5. Scoop in the cookie mix onto the tray ,in even segments, and bake until golden on top (15-25mins)

ENJOY!

Nutritional Value (per cookie)- Pro: 3g CHO: 16g Fat: 5g