

Breakfast Oat Cookies

Serves 9

- 1 cup (90g) rolled oats
- 1/3 cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- 1/4 tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

What you need to do

1. Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.
2. Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.
3. Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.
4. Bake for 20 minutes until golden and allow to cool completely before eating.



DF	LC	MP	V	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					10 mins	20 mins	137	6	17	3

*Nutrition per serving

