



PROTEIN COOKIES

DOUBLE CHOCOLATE !

- 200g (gluten free) oats flakes
- 50g maize starch
- 150g peanut butter (100% peanuts, no sugar or palm oil)
- 2 ripped bananas (170g)
- 110g plant based milk or water
- 100 - 150g big dark chocolate chips
- 30g cocoa powder
- 1 pinch of salt

Blend well bananas

Combine oats flakes and starch, add peanut butter and mixed bananas

Mix well with hands, then add cocoa and salt.

Add gradually milk/water. The texture should be thick & wet.

Add chocolate chips (keep some from the end)

Shape cookies with hands & a spoon, put on the backing tray with backing paper.

Put in the oven at 180°C 8-10 minutes

Put a chocolate square on the middle and enjoy 😊

VEGAN
GLUTEN FREE
REFINED SUGAR FREE