

LIZA'S COOKIES

Makes 12 small yummy-chewy-crunchy cookies



INGREDIENTS:

- 1 large banana
- 2 tbsp raw organic almond butter
- 1 cup organic gluten-free oats
- 1 tbsp organic shredded coconut
- 1 tsp organic vanilla powder
- 1/2 tsp organic cinnamon powder
- 1/4 to 1/2 cup organic cacao nibs or raisins or chopped dates



DIRECTIONS:

Preheat oven to 350° F or 200° C

Mash banana in a bowl

Add nut or seed butter and stir until well blended

In a larger separate bowl mix together all remaining ingredients

Pour banana mixture into dry ingredients and mix until well combined

Shape dough into golf ball sized cookies

Place on parchment lined cookie sheet

Bake for 10 to 12 minutes until golden brown

Remove and let set on the pan for about 5 minutes

Transfer to a cooling rack until crunchy-ish

Enjoy!

If you're not adding raisins or dates, you may want to add a bit of sweetener to taste (we prefer organic Yacon syrup for high gut-friendly fibre and low glycemic-index, but you could also use a little bit of applesauce, honey or maple syrup).

