

"THE" Oatmeal Cookies

COOK TIME: 18-22 MIN

PREHEAT: 350°

Ingredients

1 cup old-fashioned rolled oats
(made into flour)
2 very ripe bananas
2 Medjool dates
2 Tbsp coconut oil
1 egg
1 cup old-fashioned
rolled oats
1/4 cup unsweetened shredded
coconut
1/2 cup dark chocolate chips

"THE" Add-In's to achieve
sustainable cookies -

1-2 tbsp each of
ground flax, chia seeds,
hemp seeds,
pumpkin seeds,
and cinnamon

Directions

1. Preheat the oven to 350°F.
2. Add 1 cup oats to a food processor or blender and pulse until you get coarse oat flour.
3. If using a food processor now add bananas, pitted dates, coconut oil, and an egg to it and process until well combined. If using a blender, empty oat flour into a bowl and then add bananas, dates, coconut oil, and egg into the blender and blend until liquid, then empty into the bowl with oat flour.
4. Now add whole old-fashioned rolled oats, shredded coconut, and chocolate chips to the other ingredients and mix with a spatula. Take your time at this step because the oat flour absorbs liquid only slowly.
5. The above process is the base, to make "THE" Oatmeal Cookies add the suggested "THE" Add-In ingredients and fold in.
6. Now use a 1/4 cup measuring cup to make uniform sized cookies and place them on a parchment-paper-lined baking sheet. Flatten them with your fingers about 1/2" thick.
7. Bake for 18-22 minutes or until golden. Then let them cool down completely.

RECIPE NOTE:

Add or eliminate "add-ins" to your preference. Using the "add-ins" increases the health benefits and energy sustainability of the cookie. Satisfy your hunger and energy!

