

Fitness Aspects

For the Body & Mind



NUTRITION PER SERVING:

CALORIES	96
PROTEIN	7 G
CARBOHYDRATE	10 G
TOTAL FAT	4 G

PREP TIME:	10 MINUTES
COOK TIME:	12 MINUTES

YIELD:	12 SERVINGS
SERVING SIZE:	1 COOKIE
SERVINGS:	12

INGREDIENTS:

2	BANANAS, MASHED
1 C	OLD FASHIONED ROLLED OATS
½ C	VANILLA PROTEIN POWDER
¼ C	ALMOND BUTTER OR PEANUT BUTTER
¼ C	STEVIA-SWEETENED CHOCOLATE CHIPS

CHOCOLATE CHIP PROTEIN COOKIES

- 01 Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper.
- 02 In a large mixing bowl, mash the bananas. Add the remaining ingredients and mix well. Form 12 golf ball sized cookies out of the dough and press onto the parchment paper.
- 03 Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 6 arepas to pan; cook 2 minutes on each side or until browned and crisp. Place on a baking sheet. Repeat procedure with 1 1/2 teaspoons oil and remaining arepas. Bake at 400° for 20 minutes or until arepas sound hollow when lightly tapped.
- 04 Bake for 10-12 minutes, until golden. Best enjoyed while still warm!



Children can help mash the bananas. Keep an eye on the chocolate chips!

