

# Recipe Card

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## Energy Cookies

Recipe by Joyce Moon

Yield: 36 small cookies

### Ingredients:

3 large bananas, mashed  
2 teaspoons vanilla extract  
¼ cup Coconut Oil

2 cups rolled oats  
2/3 cup Almond Meal/Flour  
1/3 cup Coconut Flakes, unsweetened  
1 teaspoon cinnamon  
1 teaspoon baking powder  
1 teaspoon salt

½-1 cup dark chocolate chunks or Carob chips

### Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mash bananas with fork and mix in vanilla and coconut oil. Set aside.
3. In another bowl, combine oats, almond meal, coconut, cinnamon, sea salt, and baking powder. Stir until combined then add dry ingredients into wet ingredients.
4. Portion out cookies with Tablespoon on sheet pan.
5. Bake for 15 minutes or until golden brown.

Nutritional Info for 2 cookies: 160 kcals, Protein 3 grams, Carbohydrate 19 grams, Fat 5 grams, Fiber 3 grams, Potassium 185 mg, Sodium 130 mg, Iron 1 mg, Phosphorus 80 mg  
Gluten free, Vegan

<http://www.healthiestbest.com/quick-and-healthy-meals>