

BREAKFAST COOKIES



LifeShape Clinic

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INGREDIENTS

1 overripe banana, mashed
1/4 cup coconut oil
2 tablespoons sugar
1 teaspoon vanilla extract
3/4 cup oat flour
1/2 cup almond meal
1/2 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon salt
1/2 apple, shredded
2 carrots, shredded
1/4 cup coconut
1/4 cup walnuts, chopped
1/4 cup raisins

METHOD

1. Preheat oven to 180°C.
2. In a large bowl, fold all ingredients gently together until fully blended.
3. Shape about 3 tablespoons of batter into a ball and place on a non-stick baking tray, about an inch apart.
4. Bake for about 18 minutes. Enjoy 2 cookies per serve.

Nutrition Guide

PER SERVE

Energy (cal)	296cal
Protein	4.4g
Fat	19.6g
Saturated Fat	11g
Carbohydrate	24.9g
Sugar	17.9g
Sodium	69.9mg
Fibre	5.7g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: Yes
Total Meal Calories: 296 cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: No
Recommendations: Increase almond meal to 3/4 cup and use a larger banana
Total meal calories: 331 cal

6
SERVES

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