



BREAKFAST OAT COOKIES

Sanlam Wellness

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Makes: 9
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
137 kcal
6g Fats
17g Carbs
3g Protein



WHAT YOU NEED

- 1 cup (90g) rolled oats
- $\frac{1}{3}$ cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

WHAT YOU NEED TO DO

Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.

Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.

Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.

Bake for 20 minutes until golden and allow to cool completely before eating.

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