



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Energizing Breakfast Cookies (E)

*This recipe comes from Jennifer Anteau who is a certified Trim Healthy Coach. Jennifer was a featured coach in the “Back to Busy Season” edition of the Trim Healthy Living EZine. She says: “These cookies are so quick to make and very easy for kids to make as well. It is gluten-free (if oats are gluten-free), egg-free, and can be dairy-free if using collagen. On busy days, I appreciate recipes that I can just dump the ingredients, mix, and bake.”*

Serving Size: Makes 12 cookies

### INGREDIENTS:

- 2 cups old fashioned rolled oats (gluten-free, if needed)
- 1 or 2 pinches of mineral salt
- 2/3 cup unsweetened applesauce
- 2 Tablespoons de-fatted peanut flour
- 1/4 cup Gentle Sweet
- 1 teaspoon caramel extract
- 1/4 cup (1 scoop) whey protein powder
- 1/4 cup sugar-free chocolate chips

### INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Measure all ingredients and place in a bowl. Stir all ingredients together.
3. Using a spoon, scoop out the cookie dough on to a parchment lined cookie sheet. (Dough will be loose, but pack it in as best you can.) You will want to flatten the cookie out since it does not change shape while baking.
4. Bake cookies for 10 minutes.