

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!

