

Eat Your Heart Out Edibles

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Fiber-Rich Breakfast Cookies

Yield: 10 "nice sized" cookies, or 15 small cookies

INGREDIENTS:

1/2 cup sunflower seeds

1 1/2 cups almond flour

1/2 tsp baking soda

1/4 tsp sea salt

1/3 cup honey

1/3 cup almond butter (or any nut butter you'd like)

1 tsp vanilla extract

1 heaping tsp
ground ginger

4 TBSP Garden of Life Organic Fiber (See *Note)



DIRECTIONS:

- ♥ Preheat oven to 350 degrees. Line one large or two medium cookie sheets with parchment.
- ♥ In a small bowl, combine almond flour, baking soda and salt.
- ♥ In a large bowl, combine honey, almond butter and vanilla. Then mix dry into wet (seems as if it's not liquid enough at first but it does combine - feel free to use your hands).
- ♥ Scoop dough into 10 balls, and then flatten them into 1/4 inch thick rounds.
- ♥ Transfer to baking sheet(s), about 2 inches apart.
- ♥ Bake for 10-12 minutes or until golden brown.
- ♥ Allow the cookies to cool COMPLETELY before removing from the cookie sheets, cookies harden as they cool.

*Note: this is my fav fiber powder, and 4 TBSP provides 20 grams of fiber. If using a different brand, adjust the amount of fiber powder accordingly.

Nutrition info per cookie: 224 calories, 18 carbs, 16 fat, 7 protein, and 5 Fiber

Compliments of Eat Your Heart Out Edibles

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