



# Cinnamon Protein Cookies



## You will need:

- 1/2 cup sunflower seeds
- 1/2 cup protein powder
- 1/2 cup LSA or almond meal
- 1/4 cup stevia
- 1 cup shredded coconut
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 1/4 cup water
- 4 tablespoons coconut oil

## Tip:

\*Store out of the fridge to give them a softer texture. A glass jar works well.

## How to make them:

1. Preheat the oven to 180 degrees.
2. Grease a baking tray (approx. 40 cm x 30 cm) with coconut oil
3. Roughly chop the sunflower seeds and combine with other dry ingredients.
4. Mix in vanilla, water and coconut oil.
5. Spoonful's of mixture should stick together when moulded – if not, add a bit more water or oil
6. Put balls of mixture onto a greased baking tray & flatten lightly with a fork or spoon.
7. Makes about 12 cookies if you make small snack sized bites.
8. Bake for 20 minutes.



Vegan. Gluten Free. Dairy Free. Wheat Free. Delicious.