Michele Sodon

CHOCOLATE CHIP PROTEIN COOKIES

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

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!

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