

Do You Love Cookies?

Because I sure do! What I don't love is the "processed" ingredients in most store bought cookies and breakfast bars.

Are you looking for a healthier option for you and or the little hands in the house?

Here's a recipe the whole family can enjoy. Packed with wholesome ingredients like fiber, omega 3's, natural sweetness.

Easy to make and so delicious, you'll forget it's good for you!

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The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.





Super Breakfast Cookie

18 servings

20 minutes

Ingredients

2 cups Oats (Use old fashion rolled oats)
2 tsp Vanilla Extract (almond extract can also work here)
2 tbsps Slivered Almonds
2 tbsps Walnuts
1 tbsp Whole Flax Seeds
1 tbsp Chia Seeds
1 tsp Cardamom
1 tsp Cinnamon
1/2 cup Organic Dark Chocolate Chips
1 cup Almond Butter
2 tbsps Raw Honey
1/4 cup Black Walnut Oil
1 tsp Pink Himalayan Salt
1/4 cup Dried Unsweetened Cranberries
2 tbsps Lemon Juice
2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	203
Fat	13g
Carbs	16g
Fiber	3g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	131mg

Directions

- 1 In a large bowl mix all dry ingredients. In a small bowl mix all wet ingredients.
- 2 Add liquid ingredients to the dry ingredient bowl. Once they are mix and all the oats are covered with the wet ingredients, lay parchment paper on a cookie tray and lay down the granola, pressing and making an even layer.
- 3 Bake on 350 for 8 minutes, then move the granola around and bake for another 5 minutes. Once it turns golden, turn the oven off, take out granola and let it rest to room temperature.
- 4 Mix softened almond butter with granola and form balls or shape into silicone molds.
- 5 Let it rest in the refrigerator for at least 4 hours. You can keep cookies in the refrigerator or Freeze for a later time. Enjoy for breakfast or snack!

Notes

Substitutes : You can also use, cashews, hazelnuts or substitute nuts for your choice of seeds. Organic Maple syrup or coconut sugar instead of honey. raisins and dried blueberries instead of dried cranberries.



Vitamin A	1IU
Vitamin C	0mg
Calcium	62mg
Iron	1mg
Vitamin D	0IU
Vitamin E	4mg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0mg
Folate	12µg
Vitamin B12	0µg
Phosphorous	115mg
Magnesium	58mg
Selenium	3µg