

Angie Bloom

Angie's Protein Banana Coconut Break-The-Fast Protein Cookies

Ingredients

- 3 ripe bananas
- 2 eggs
- ½ tsp vanilla extract
- ½ cup applesauce
- ½ tsp cinnamon
- ½ cup coconut flour
- ¼ tsp salt
- ½ tsp baking soda
- ½ cup sunflower seed butter or peanut butter
- ¼ cup unsweetened shredded coconut
- 2 scoops of your favorite protein powder – I use vanilla sweetened with stevia
- ¼ - ⅓ cup water

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit
2. In the bowl of an electric mixer combine the bananas, eggs, vanilla extract, applesauce and sunflower seed butter and blend until the bananas are completely mashed and everything is combined.
3. Stir in the cinnamon, baking soda, coconut flour, protein powder and coconut and mix well.
4. On a parchment paper lined baking sheet drop large spoonfuls of the batter and then gently press down on each to slightly flatten. I use a ¼ cup measuring cup to drop on to the cookie sheet.
5. Bake the cookies for approximately 20 minutes until golden on top. Let them cool on the baking sheet for 5 minutes before transferring to a cooling rack.
6. Store them in an air tight container, they will stay fresh for 4 to 5 days.

Nutrition Facts per Serving (1 Cookie):

Calories 158, Fat 7.8g, Protein 7.9g, Carbohydrates 12.8g, Sugars 5.1g, Fiber 3.8g

