

PERFECT FOR ANYONE- DESSERT OR SNACK

# Feel Good Cookies

1 cup pitted dates  
1 cup hot water  
3/4 cup coconut oil, melted  
2 eggs, beaten  
1 teaspoon vanilla extract  
1 cup whole wheat pastry flour  
1/4 cup ground flax seed  
2/3 cup (or 2 scoops) low sugar protein powder  
1 tsp cinnamon  
1 teaspoon baking soda  
3 cups old fashioned oats, divided  
1/2 cup dark or bittersweet chocolate chips {optional}



Preheat the oven to 350 degrees. Spray cookie sheets with non-stick spray. In a blender, add the dates & hot water. Pulse. Add coconut oil, eggs + vanilla extract one ingredient at a time and pulse to combine after each ingredient. In a small bowl, mix the dry ingredients (whole wheat flour thru 2 cups of oats). Combine in blender with liquid ingredients. Fold in last cup of oats and chocolate chips, if desired. Using a small cookie scoop, portion out the batter onto the baking sheets, flattening out slightly with the back of a nonstick spatula. Bake each batch for 10 minutes. Cool on baking sheets for about 1 minute then remove to a wire rack. Store in an airtight container.

## TOP TIP

Make gluten free by using GF oats, and replacing an extra cup of oats for the whole wheat pastry flour.