



& THE HEALTHY CHEF

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Teresa Cutter

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It's all about a healthier

Body

Protein Power Cookies

WHAT IT'S GOOD FOR: These beauties take minutes to make and keep for a few weeks in the fridge. Pack a few into a lunch box for a healthy quickie lunch if you're flat out at work or travelling in the car. Great source of omega 3 also helps stimulate the secretion of leptin a hormone help to suppress the appetite and burn stored body fat.

Protein 4g • Fat 6g • Carbs 10g • Cal 110

Oats are one of the best complex carbs rich in soluble fibre, that can help lower blood cholesterol and provide long lasting energy. Fresh Dates are a natural sweetener and high in minerals potassium, calcium, magnesium and iron. BSc Body Vanilla Creme Protein Powder packs a protein punch to help sustain and repair muscle and for a healthy immune system, Pumpkin seeds are high in the minerals – terrific for a healthy immune system. Walnuts add a hit of protein and omega 3. It's a great idea to double the recipe, as these cookies are very delicious.

Makes 12

INGREDIENTS:

- 1 cup** rolled organic oats
- ¼ tsp** ground cinnamon
- ½ tsp** vanilla
- 1 cup** pitted fresh Medjool dates (the ones you buy in the veggie section in your supermarket)
- 2 tbsp** Body Vanilla Creme Protein Powder
- ½ cup** pumpkin seeds
- ½ cup** walnuts

1. Combine oats, cinnamon, vanilla and dates, Body Vanilla Creme Protein Powder and pumpkin seeds in a food processor and pulse to mix well until just combined. **2.** Add the walnuts and pulse again. Add a little water to help mix stick if necessary. **3.** Roll about 1 tablespoon into a ball and flatten slightly to form a cookie. Place onto a piece of greaseproof paper and continue making the rest of the cookies. You don't bake these cookies, store in an airtight container in the fridge until required.

Wheat Free – High Protein – Low GI.



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WF	GF	LC	P	V	GI
Wheat Free	Gluten Free	Low Carb	Protein	Vegetarian Vegan	Low GI