



Makes approx. 15 cookies.

Prep time: 15 minutes

Cooking time: 15-20 minutes

What you need:

- 1½ cups rolled oats (gluten-free)
- ½ cup coconut flakes (unsweetened)
- ½ tsp. salt
- ½ tsp. cinnamon
- ¼ cup of brown rice flour
- ½ cup almond butter
- ½ cup dried goji berries (or other dried fruit)
- ½ cup pumpkin seeds
- 3 ripe bananas, mashed
- ¼ cup melted coconut oil (or grass-fed butter)
- 1 tsp. vanilla extract

What you do:

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. In a large bowl, combine the oats, almond butter, coconut flakes, cinnamon, rice flour, goji berries and pumpkin seeds. Mix well.
3. In a medium bowl, combine the coconut oil, bananas and vanilla extract.
4. Pour wet ingredients over dry ingredients and stir until well mixed.
5. Using your hands or a spoon, form round cookies and drop

Nutrition Facts	
Servings 15.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 98 mg	4 %
Potassium 97 mg	3 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 4 g	18 %
Sugars 7 g	
Protein 10 g	20 %
Vitamin A	38 %
Vitamin C	9 %
Calcium	5 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

- on cookie sheet.
6. Bake for 15-20 minutes (depending on the size of each cookie) or until edges are golden brown.

Useful tip: You can play around with this recipe using various combinations of nuts, seeds and dried fruits.

Bon appétit!