



Chocolate Chip Cookies

Ingredients

140 g Old-fashioned Oats
70 g Whole Wheat Flour
35 g IntegriPure® Milled Flax
35 g IntegriPure® Milled Chia
3 g Baking Soda
3 g Salt
1 Ripe Banana, Mashed
60 g Unsweetened Applesauce
40 g Pure Maple Syrup
15 mL Vanilla Extract
Optional Add-ins: Chocolate Chips,
Raisins, Nuts

Yield: 27 cookies

1. Preheat oven to 175°C (350°F). Line a baking sheet with parchment paper.
2. In a large bowl, combine oats, flour, flax, chia, baking soda, and salt.
3. In a separate bowl, whisk together mashed banana, applesauce, maple syrup, and vanilla extract.
4. Combine wet ingredients with dry ingredients until just combined.
5. Stir in any optional add-ins.
6. Drop by rounded tablespoons onto prepared baking sheet.
7. Bake for 10-12 minutes, or until golden brown.
8. Let cool on baking sheet for a few minutes before transferring to a wire rack to cool completely.