

Raw Flax seed cookies:

Mix the following together in a large mixing bowl:

3/4 Cup + 3 Tbsp Flax
1/4 Cup Protein Powder
6 Tbsp of Cocoa Powder
1/4 tsp Salt

1/2 Cup Almond Butter
1/2 Cup Tahini
1/3 Cup Honey
1 tsp Vanilla

The protein could be replaced by more flax or coconut powder. You can also add about 1/2 a tsp of finely ground coffee too. Make balls or sliced rolls like sushi then put them in the freezer, uncovered, for at least 24 hrs to get the right texture. I eat them frozen.

Raw Flax seed cookies:

Mix the following together in a large mixing bowl:

3/4 Cup + 3 Tbsp Flax
1/4 Cup Protein Powder
6 Tbsp of Cocoa Powder
1/4 tsp Salt

1/2 Cup Almond Butter
1/2 Cup Tahini
1/3 Cup Honey
1 tsp Vanilla

The protein could be replaced by more flax or coconut powder. You can also add about 1/2 a tsp of finely ground coffee too. Make balls or sliced rolls like sushi then put them in the freezer, uncovered, for at least 24 hrs to get the right texture. I eat them frozen.

Raw Flax seed cookies:

Mix the following together in a large mixing bowl:

3/4 Cup + 3 Tbsp Flax
1/4 Cup Protein Powder
6 Tbsp of Cocoa Powder
1/4 tsp Salt

1/2 Cup Almond Butter
1/2 Cup Tahini
1/3 Cup Honey
1 tsp Vanilla

The protein could be replaced by more flax or coconut powder. You can also add about 1/2 a tsp of finely ground coffee too. Make balls or sliced rolls like sushi then put them in the freezer, uncovered, for at least 24 hrs to get the right texture. I eat them frozen.