

Satiating Banana, Coconut and Almond Cookies



These nutritious cookies are perfect as an on-the-go snack to fill you up until your next meal. Or pair them with Greek yogurt and you've got a full breakfast to start your day!

Preparation 10 min
Cooking 18-20 min
Servings 12
Nutrition Facts (per serving)
Calories 205
Fat 7
Carbohydrates 28
Fibre 5
Protein 8
Sodium 46

Ingredients

- 1 240 g (or 2 ½ cups) bag of "[Gruo pas plate](#)" banana and coconut mixture
- 250 ml (1 cup) all-purpose whole wheat flour
- 15 ml (1 tbsp) baking powder
- 60 ml (¼ cup) brown sugar
- 2 eggs
- 125 ml (½ cup) ripe banana, mashed

- 60 ml (¼ cup) unsweetened vanilla almond drink
- 60 ml (¼ cup) unsalted roasted almonds, coarsely chopped
- 60 ml (¼ cup) unsalted pumpkin seeds

Preparation

1. Preheat oven to 350°F (180°C).
2. In a medium bowl, combine Gruo mixture, flour, baking powder and brown sugar.
3. In a separate, larger bowl, combine eggs, mashed banana, Greek yogurt and almond drink.
4. Gradually add dry ingredients to wet ingredients and mix well until mixture is smooth.
5. Add almonds and pumpkin seeds and mix well.
6. On a parchment-lined baking sheet, form 12 cookies, using about 45 mL (3 tbsp.) of dough for each.
Moisten your hands with a little water to prevent the dough from sticking to your fingers.
7. Bake for 18 to 20 minutes.

Notes

Can be kept for 7 days in the refrigerator. Can be frozen for up to 3 months.



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