

# RECIPE WEDNESDAY

## BREAKFAST COOKIES

- 1.5 cups of oats
- 1 tsp of baking soda
- 2 scoops of vanilla protein powder
- 1/4 tsp of cinnamon– or more if you like!
- 1 small individual container of unsweetened apple sauce (about 4 oz)
- 2 egg+ 2 egg whites
- 1/2 tsp of vanilla
- 1/4 cup of plain Greek yogurt
- 1/2 cup of a nut butter of your choice
- 1/3 cup of dark chocolate chips OR dried fruit (choose the mix-in's you love!)

Bake at 350. Spread some coconut oil on the bottom to prevent them from sticking. Mix all dry ingredients first and all the wet in a separate bowl and then slowly add the wet to the dry and mix together.

Bake until the edge start to get a bit golden– but, not too much otherwise they will dry up a tad.

Makes approx. 4 servings. A good post workout option too as it has a good balance of carbs and proteins and just a little bit of fats.



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