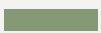

"Chocolate" Cashew Cookies



"Chocolate" Cashew Cookies

- 2 CUPS FLOUR
- 1 CUP OATS
- 1 TEASPOON BAKING POWDER
- 1 TABLESPOON CHIA SEEDS
- 1 TABLESPOON 100% MAPLE SYRUP
- 1 CUP CASHEW NUTS (SOAKED OVERNIGHT AND BLITZED INTO A SOFT BUTTER CONSISTENCY)
- 1 CUP WARM MILK (COW'S, ALMOND OR RICE)
- 1/2 CUP CACAO POWDER

- PREHEAT OVEN TO 180 DEGREES

- COMBINE FLOUR, OATS, BAKING POWDER, CHIA SEEDS AND CACAO POWDER IN A MEDIUM BOWL. STIR UNTIL THOROUGHLY MIXED.

- IN A SEPARATE SMALL BOWL WHISK (WITH FORK OR WHISK) CASHEW BUTTER, MAPLE SYRUP AND WARM MILK.

- COMBINE WET AND DRY INGREDIENTS. KNEAD INTO A FIRM DOUGH.

- ROLL DOUGH BETWEEN 2 LAYERS OF BAKING PAPER UNTIL IS IT 1-2 CM THICK.

- CUT INTO ROUNDS, OR FIN SHAPES WITH A COOKIE CUTTER.

- BAKE FOR 25 TO 30 MINUTES OR UNTIL JUST BROWNED ON TOP.

NUTRITION INFORMATION

MACRONUTRIENTS

1. CARBOHYDRATES - FLOUR AND OATS

- OATS RE A POWERFUL ANTIOXIDANT AND A RICH SOURCE OF DIETARY FIBRE.
- OATS HELP TO REDUCE CHOLESTEROL LEVELS.

2. PROTEIN - CHIA SEEDS, MILK & CACAO POWDER

- CHIA SEEDS ARE A RICH SOURCE OF PROTEIN AND IRON.
- MILK IS A QUALITY SOURCE OF PROTEIN, CALCIUM AND OTHER IMPORTANT NUTRIENTS
- CACAO POWDER PROVIDES A CHOCOLATE FLAVOUR WITHOUT THE SUGAR CONTENT. IT PROMOTES SATIETY (FEELING OF FULLNESS) WHILST ALSO PROVIDING IRON, MAGNESIUM, ZINC AND COPPER.

3. HEALTHY FAT - CASHEW NUTS

- A HIGH QUALITY SOURCE OF HEALTHY FATS
- CASHEW NUTS CONTAIN TRACE MINERAL CHROMIUM. CHROMIUM IS BENEFICIAL FOR BALANCING BLOOD GLUCOSE LEVELS AND PROMOTING SATIETY.

ADDITIONAL NUTRIENTS

- 100% MAPLE SYRUP IS THE PREFERRED OPTION AS A SWEETENER. IT IS A RICH SOURCE OF MULTIPLE ANTIOXIDANTS, ANTI-INFLAMMATORY, AIDS DIGESTION AND HAS A LOWER SCORE ON THE GLYCAEMIC INDEX (LOW CARBOHYDRATE CONTENT).