

Meal:	Breakfast
Category:	Couldn't be easier!
Time:	10 min prep; 20 min cooking

# MJ's Banana Hemp Cookies

## Ingredients

- 2 ripe mashed bananas
  - 1 cup of oats
  - 1/3 c shredded coconut
  - 3 TBSP hemp hearts
  - 2 TBSP chia seeds
- Optional:
- 1/4 cup chocolate chips  
(I use dairy free, soy free, gluten free from Enjoy Life)
  - 1/4 cup pecans or walnuts



## Directions

Drop onto cookie sheet in mounds. Bake at 350 degrees for 15-17 mins

## Nutritional Information

1 serving

- Cal = 216
- Protein = 18.7
- Carbohydrates = 16.7
- Fibre = 5.4
- Total fat = 10.4; saturated fat = 4.5
- Sodium = 85 mg
- Sugar = 7.6