

Recipe

CAVEMAN BREAKFAST COOKIES

THE GOODS:

- 3 cups Hazelnut Flour
- 2/3 cup coconut oil or butter
- 1/3 cup Sweetener of choice (maple, monk fruit, coconut sugar or molasses are best)
- Chocolate Chips (Lily's sweets if you can find)
- 3 tsp Vanilla extract (pure is best)
- 1/2 tsp Baking soda
- 1/2 tsp Sea Salt
- 6 tsp cinnamon
- 1 cup Chocolate chips
- 2 TBSP chia seed
- 2 TBSP hemp seed
- Optional—6 cup chopped nuts (pecans or walnuts are especially good)

THE METHOD:

Mix all of the dry ingredients into one bowl (except the chips).

Mix all of the wet ingredients in another bowl (pre-melt the coconut oil).

Combine the two bowls and fold in the chocolate chips and chopped nuts.

Place on an oiled cookie sheet and press down each cookie just slightly with the back of a spoon. Option to top with a couple flakes of flaky Maldon salt if you have it. Bake at 350 for approximately 15 min (depending on your oven) or until a bit golden brown.

Boulder Nutrition