

PROTEIN BOOSTING

Hemp & Chocolate Cookies

YOU WILL NEED

- 2 cups almond meal
(or substitute with 1 cup almond meal + 1 cup buckwheat flour)
- 1/4 cup extra virgin olive oil
- 2 tbsp pure maple syrup
- 2 tbsp ground hemp seeds
- 3 tbsp dark chocolate, roughly chopped
- 1 tbsp water
- 1/2 tsp vanilla extract
- 1/2 tsp bicarb soda
- 1/4 tsp sea salt

METHOD

- In a large bowl combine almond meal, chocolate, ground hemp seed, bicarb soda & sea salt.
- In a small bowl combine oil, maple syrup, water & vanilla. Mix well.
- Add oil mix to almond meal mix & combine well. Add a bit more water if the mix is too dry.
- Roll into balls & place on a baking tray lined with baking paper.
- Flatten balls gently with the back of a fork.
- Bake on 180C for 10-15 minutes until golden. Allow to cool on the tray.



HEALTHY BIT

Hemp seeds are an excellent source of plant based protein. High in arginine, so avoid if you suffer from cold sores as arginine can exacerbate this condition.