

Food Babe's Forever Cookies



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	15 mins	25 mins	20

<https://foodbabe.com/forever-cookies>

Ingredients:

- 1 ripe banana, peeled and sliced
- 4 dates, chopped
- 4 prunes, chopped
- ¼ cup coconut oil, melted
- 1 teaspoon pure vanilla extract
- 2 cups rolled oats
- ⅔ cup nut meal
- ½ cup unsweetened coconut flakes
- ½ fresh ground teaspoon cinnamon
- ½ teaspoon sea salt
- 1 teaspoon baking powder (Aluminum free)
- 7 ounces chocolate chunks

Instructions:

1. If Baking:
2. Preheat oven to 350° F.
3. In a blender – Combine banana, dates, prunes, coconut oil and vanilla and blend until smooth.
4. In a large bowl combine all other ingredients and mix so all components are equally distributed.
5. Pour blender mixture into dry ingredients and stir until batter is moist and mixed well.
6. Place dough in fridge or freezer for at least 15 minutes.
7. Scoop dough using an ice cream scooper onto a parchment lined baking sheet.
8. Alternatively, you can refrigerate the dough for 30 minutes to make it harder and easier to make uniform cookies.
9. Bake cookies at 350° F for 12-15 minutes.
10. Cool cookies on a rack for at least 5 minutes before consuming – otherwise they will fall apart.
11. If Dehydrating:
12. Follow steps 2-5 above.
13. Place cookies on dehydrator sheets.
14. Dehydrate at 105° F for approximately 12 hours.
15. If Eating Completely Raw:
16. Follow steps above to make the dough.
17. Place dough in a large zip lock bag and press to form into a wide log – you may need two bags.
18. Place in freezer and enjoy slices of the cookie dough anytime!

Notes:

- Makes approximately 20 cookies or 36 small cookies (if using a small ice cream scooper)

- ***Please buy all organic ingredients if possible***