



"Turtle" Oatmeal Cookies

🕒 5 MINS | 🍴 16 SERVINGS

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INGREDIENTS

1 ³ / ₄ cups Diced Walnuts	1/2 cup 100% Pure Maple Syrup
2 cups Rolled Oats	3 ¹ / ₂ tablespoons Coconut Oil
1 cup Almond Flour	2 tablespoons Skim Milk
¹ / ₃ cup Light Brown Sugar	2 teaspoons Vanilla Extract
1 teaspoon Baking Soda	¹ / ₂ cup Medjool Dates
1 teaspoon Ground Cinnamon	¹ / ₄ cup Mini Semi Sweet Chocolate Chips
¹ / ₂ teaspoon Sea Salt	1 tablespoon Flax Seed

NUTRITION INFORMATION PER SERVING

Calories 284kcal	Sodium 153mg
Carbs 30g	Fiber 4.12g
Protein 5.5g	Added Sugar 4.4g
Total Fat 17g	Fruits 0.13 servings
Saturated Fat 4.13g	Vegetables 0 servings

Method

- 1-Pre heat oven to 350F and line your baking sheet with parchment paper.
- 2-In a large bowl, stir diced walnuts, rolled oats, almond flour, brown sugar, baking soda, cinnamon, flax seed, and salt.
- 3- In a medium bowl, stir maple syrup, melted coconut oil, milk, and vanilla.
- 4-Pour the wet ingredients on the dry ingredients and mix well.
- 5-In a small bowl, coat diced dates with about 1 teaspoon of flour. Toss until coated. (This will keep the dates from sticking together.)
- 6-Mix dates into large bowl with all other combined ingredients.
- 7- Take about 2 tablespoons of dough, roll it into a ball, then press down with your hand on the baking sheet to flatten. Space cookies approximately 2 inches apart.
- 8-Bake cookies for 12-13 minutes until the cookies are golden brown. Let cool for about 15 minutes, then Enjoy!

