

CHOCOLATE & COCONUT PROTEIN OATIES

They are chewy, they are crunchy, they are chocolatey and scrumptious. You can make these as little biscuit rounds as suggested or you could bake it like a streusel/crumble topping and add it on top of fruit, a compote, yoghurt, as an alternative biscuit base for cheesecakes, baked pies or a layered traybake.

Recipe Makes: 10 Servings

W Y N B I S C U I T

H O E	100 g Coconut Oil	40 g Flaked Almonds
A U E	2 tbsp Maple Syrup	40 g Raisins
T D	1 tsp Vanilla Bean Paste	30 g Crystallised Ginger, chopped
	50 g Buckwheat Flakes, ground (or oats/GF oats)	5 Medjool Dates, chopped
	50 g Buckwheat Flakes, whole (or oats/GF oats)	15 g Flaxseeds
	35 g Ground Almonds	15 g Chia Seeds
	15 g Cacao Powder	½ tsp Bicarbonate of Soda
	15 g Protein Powder	

- ## M E T H O D
- Preheat oven to 160C Fan/180C/Gas Mark 4, line a tray with baking paper.
 - Into a saucepan, add coconut oil, maple syrup and vanilla and place over a gentle heat. Give everything a good stir and allow it to warm for about 5 minutes.
 - In the meantime, add all the remaining ingredients to a large bowl and mix to combine.
 - Once the coconut oil is hot, pour into the bowl and use a fork to mix everything together.
 - Allow the biscuit mix to cool slightly before using your hands to squish together golf ball sized rounds until smooth(ish) before placing them spaced well apart on the tray.
 - Once they have all been rolled, use the palm of your hand to gently press down.
 - Transfer the tray to the oven and bake for 14 minutes.
 - Remove the tray from the oven and leave to cool for 30 minutes before carefully moving them onto a wire rack to cool completely.
 - Once cooled, they are good to gobble. Pop them into a tupperware box and these will stay good for up to a week.