

SWEET POTATO PROTEIN COOKIE RECIPE

Recipe Courtesy: Grace Derochais, Blue Cross Blue Shield of Michigan

Ingredients

- 3/4 cup cooked, mashed sweet potato
- 1/2 cup nut butter (I use peanut butter but almond butter or sunflower seed butter would be great)
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 2-3 Tbsp. maple syrup or honey (depending on desired level of sweetness)
- 2 Tbsp. chia seeds
- 1/2 cup shelled pumpkin seeds
- 1/4 cup oat flour (make your own by throwing some rolled oats in a food processor)
- 1 tsp baking soda
- 1/4 cup dark chocolate chips

Instructions

1. Combine sweet potato, peanut butter and eggs in a large bowl and mix well.
2. Add vanilla, cinnamon, maple syrup, chia seeds and pumpkin seeds and stir to combine.
3. Add oat flour and baking soda and stir.
4. Gently fold in chocolate chips.
5. Scoop onto cookie sheet lined with parchment paper (8-12 cookies).
6. Bake at 375 degrees for 10-12 minutes. Enjoy!
7. Will last for about 10 days in a sealed container in the refrigerator.