

# Choc Chip Cookies

These biscuits are super quick and easy to make. The oats are full of B vitamins and as they are a complex carb, they will give you slow release energy.

## Ingredients

200g oats  
60g melted butter or coconut oil  
1 free range egg  
75g honey  
75g desiccated coconut  
100g 70% chocolate

## Method

- \*In a large bowl add the melted butter, honey and the egg (beaten) mixing it together.
- \*Chop the chocolate up into small chunks and set aside.
- \*Add the oats and desiccated coconut, mixing really well before adding the chocolate and combining together.
- \*Set aside for 5 -10 mins before rolling into balls with the palm of your hand, placing them on a lined baking sheet and flattening them down into biscuit shapes.
- \*Bake in the oven for 15 -20 mins @ 160°C until browned.

## Recipe notes:

Makes 10 -12 biscuits.

Store in an airtight container and they will keep for a week or they freeze really well.



Serves 10-12:  
Prep: 5 mins  
Cook: 20 mins



Nutrition per serving:  
Cals: 215  
Protein: 3.5g  
Carbs: 18g  
Fat: 13g  
Fibre: 11g