



Simple | Healthy | Delicious

Hemp Seed Chia Coconut Breakfast Cookies



INGREDIENTS

1/2 cup Nature's Earthly Choice hemp seeds

1/2 cup finely shredded coconut

1/4 cup Nature's Earthly Choice chia seeds

3 eggs

1/4 cup coconut flour

1/4 cup coconut oil, melted

1 1/2 tsp cinnamon

1/2 tsp ginger

1/8 tsp sea salt

1/4 cup erythritol or maple syrup

DIRECTIONS:

1. Form into cookies and place on cookie sheet. Note: with coconut flour, your cookies will not spread or flatten, so if you make them into balls you need to flatten them into the shape in which you want them to end up.
2. Bake for 15 minutes at 350 degrees.