

# FUSION

## FITNESS STUDIO

### NUTRITION PER SERVING:

<b>CALORIES</b>	96
<b>PROTEIN</b>	7 G
<b>CARBOHYDRATE</b>	10 G
<b>TOTAL FAT</b>	4 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	12 MINUTES

<b>YIELD:</b>	12 SERVINGS
<b>SERVING SIZE:</b>	1 COOKIE
<b>SERVINGS:</b>	12

### INGREDIENTS:

<b>2</b>	BANANAS, MASHED
<b>1 C</b>	OLD FASHIONED ROLLED OATS
<b>½ C</b>	VANILLA PROTEIN POWDER
<b>¼ C</b>	ALMOND BUTTER OR PEANUT BUTTER
<b>¼ C</b>	STEVIA-SWEETENED CHOCOLATE CHIPS



## CHOCOLATE CHIP PROTEIN COOKIES

- 01** Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper.
- 02** In a large mixing bowl, mash the bananas. Add the remaining ingredients and mix well. Form 12 golf ball sized cookies out of the dough and press onto the parchment paper.
- 03** Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat. Add 6 arepas to pan; cook 2 minutes on each side or until browned and crisp. Place on a baking sheet. Repeat procedure with 1 1/2 teaspoons oil and remaining arepas. Bake at 400° for 20 minutes or until arepas sound hollow when lightly tapped.
- 04** Bake for 10-12 minutes, until golden. Best enjoyed while still warm!



Children can help mash the bananas. Keep an eye on the chocolate chips!

