



Makes 16 cookies
Preparation Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 cup pitted dates
1 medium ripe banana
¼ cup creamy peanut butter
2 teaspoons pure vanilla extract
1 cup almond flour
1 cup quinoa flakes
1 teaspoon regular or sodium-free baking powder
½ teaspoon sea salt

Peanut Butter-Quinoa Flake Cookies

Quinoa flakes give these **kid-friendly** cookies a delightfully chewy texture and a hearty helping of whole grains in each bite. The delicious banana and peanut butter combo is reminiscent of a classic **after-school snack** that will have you reaching for seconds before polishing off your first. Naturally sweetened with dates, these good-for-you treats are easy to whip up in just 30 minutes.

Recipe from plants-rule.com

By Katie Simmons

- 1** Preheat oven to 350°F. Line a cookie sheet with parchment paper or a silicone baking mat.
- 2** In a food processor combine the first four ingredients (through vanilla) and ¼ cup water. Process until creamy, scraping sides of food processor as needed. Add the remaining ingredients. Process until combined.
- 3** Drop dough in 2-tablespoon portions onto prepared cookie sheet, spacing them 1 inch apart. Using water-dampened fingers, lightly press cookies to flatten.
- 4** Bake 15 to 18 minutes or until golden brown on bottoms, rotating cookie sheet halfway through baking. Let cool 10 minutes on cookie sheet. Transfer to a wire rack and cool completely. Store cookies in an airtight container in the refrigerator up to 1 week.