



Banana Nut Bread

Gluten Free Protein Cookies



*Eat well.
Live well.*

**Soy-Free. DF. GF. Sugar-Free.
Vegan. Vegetarian. Paleo.
Great for O & B Blood-Types**

What you'll need:

- 2 lg ripe bananas*
- 1/2 cup blanched almond flour
- 1/2 cup almond butter
- 1/4 cup chocolate protein powder*
- 1/4 cup apple sauce
- 1/4 cup zucchini, finely shredded
- 1 cup raw walnuts
- 2 tbsp chia seeds
- 1/8 tsp sea salt

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: apple sauce & zucchini.

PREP: 10 minutes

COOK: 20 minutes

SERVES: 4

- 1) Pre-heat oven to 350 degrees.
- 2) Grease a large baking sheet and cover with parchment paper.
- 3) Place walnuts in food processor and blend until they are small bits. Empty into a small bowl and place aside.
- 4) Place banana's, almond flour, almond butter, chocolate protein, and apple sauce in food processor and blend until creamy.
- 5) Add in shredded zucchini, walnuts, chia seeds and salt, blend for 30 seconds.
- 6) Place silver dollar dollops on baking sheet and bake for 20 minutes.
- 7) Let cool for about 5 mins until cookie has stiffened and serve.

*Do not place cookies in the refrigerator. Eat within 5 days.



Soy-Free: protein powder needs to be soy-free. Our favorite is Blue Diamond, Dark Chocolate Almond Protein Powder.

Dairy-Free: protein powder needs to be dairy-free. Our favorite is Blue Diamond, Dark Chocolate Almond Protein Powder.

Sugar-Free: protein powder needs to be sugar-free. Our favorite is Blue Diamond, Dark Chocolate Almond Protein Powder.

Vegan: protein powder needs to be Vegan. Our favorite is Blue Diamond, Dark Chocolate Almond Protein Powder.

Blood Type: Bananas are not recommended for A & AB blood types. Unfortunately, there are no alternatives for this.