

# QUINOA CAROB COOKIES

## INGREDIENTS

- 2 1/2 C Quinoa flakes
- 1/2 C Flax seed meal
- 1/2 C Egg substitute
- 1 t Cinnamon
- 1/4 C Earth Balance margarine for baking (melted) **OR** Applesauce
- 1/2 C Honey
- 1 t Vanilla
- 2 Bananas (mashed)
- 1 C Carob chips
- Non-stick cooking spray



## DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Mix the first 8 ingredients with a fork until all the flakes have blended in
- 3 Add the carob chips & fold them in to the mix
- 4 Spray a cookie sheet with the non-stick cooking spray
- 5 Drop the dough with a tablespoon on the cookie sheet
- 6 Makes approximately 30 cookies
- 7 Store in an air tight container in your freezer
- 8 Taste good frozen or defrosted

