

PROTEIN BOOSTING

Hemp Cookies

YOU WILL NEED

- 1.5 cups (180g) almond meal
- 1/2 cup (75g) buckwheat flour
- 1/4 cup macadamia oil
(or substitute with olive oil or hemp oil)
- 2 tbsp pure maple syrup
- 2 tbsp (20g) ground hemp seeds
- 3 tbsp (60g) dark chocolate, roughly chopped
- 1 tbsp water
- 1/2 tsp vanilla extract
- 1/2 tsp baking soda (also known as bicarb soda)
- 1/2 tsp sea salt

METHOD

- In a large bowl combine almond meal, chocolate, ground hemp seed, baking soda & sea salt.
- In a small bowl combine oil, maple syrup, water & vanilla. Mix well.
- Add oil mix to almond meal mix & combine well.
- Roll into balls & place on a baking tray lined with baking paper.
- Flatten balls gently with the back of a fork.
- Bake on 180C for 10-15 minutes until golden. Allow to cool on the tray.



HEALTHY BIT

Hemp seeds are high in protein comprising approximately 25%, compared to chia seeds at approximately 16%.

High in arginine, so avoid if you suffer from cold sores as arginine can exacerbate this condition.

a cut above

catering



www.acutabovecatering.com.au