

Things I like to eat:

Supercharged Healthy Cookies/Brownies



Yes, this is true I eat cookies, but they are made my way. I make a healthy version of an oatmeal cookie recipe and I supercharge it with protein powder, nuts, and unsweetened coconut and unsweetened dark chocolate cocoa powder, while not using sugar or butter. I sweeten it with Monk Fruit and/or Stevia (see more on [Stevia](#) and [Monk Fruit](#)).

Ingredients for Traditional Oatmeal Cookies

- Old fashioned oats. Don't use quick oats here or the texture won't come out the same. ...
- All-purpose flour. Bleached or unbleached flour will work here.
- Baking powder and baking soda. ...
- Cinnamon. ...
- Salt. ...
- Unsalted butter. ...
- Light brown sugar and granulated sugar. ...
- Eggs.

Ingredients for my Super Charged Oatmeal Cookies

- Old fashioned oats. 3 cups
- Whole Wheat Flower. 1 cup
- Baking powder and baking soda. 2 Tsp
- Cinnamon. 1 Tbs
- Salt. 1 Tsp
- Oil (Canola or Olive) 1 cup
- Monk Fruit 1 cup.
- Assorted Ground Nuts 1 cup. OPTIONAL
- Unsweetened Coconut 1/2 cup. OPTIONAL
- Unsweetened dark chocolate cocoa powder 1/2 cup OPTIONAL
- Whey Protein Powder 4 scoops (4 servings) OPTIONAL
- Unsweetened Almond Milk 1-2 cups

Add or take away Almond Milk to make the mixture the thickness you enjoy. Placed onto baking sheet in cookie form or as a brownie. You could even put in muffin pan. Bake at 400 degrees F. For 17 to 20 minutes. You can also add dry fruit like raisins :)