

Apricot & Coconut Protein Cookies

Makes 14

Per serve

5.6g Protein

14g Carbohydrates

8.5g Fat



Ingredients

- 2 scoops (60g) [True WPI90 Raw Coconut](#)
- 1 1/2 cups wholemeal flour
- 3/4 cup desiccated coconut
- 1/2 cup coconut sugar
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1/2 cup butter, melted
- 1/2 tsp vanilla extract
- 2 Tbsp almond milk
- 1 Tbsp maple syrup
- 3/4 cup dried apricots, cut into small pieces

ABOUT:

Apricot and coconut are a match made in heaven - see for yourself with this chewy cookie recipe!

Method

1. Preheat your oven to 180°C.
2. In a large bowl, combine the protein powder, wholemeal flour, desiccated coconut, coconut sugar, baking powder and salt.
3. Add the egg, melted butter, vanilla, almond milk and maple syrup to the bowl and stir to incorporate.
4. Next, add the dried apricots and stir well to combine.
5. Take 1 Tbsp of the cookie mixture and using your hands, roll into balls and place on a baking tray lined with baking paper. Optional: place a few pieces of dried apricot on top of each cookie.
6. Press down to flatten each cookie and place in the oven for 10-12 minutes or until golden brown.
7. Take them out of the oven and place on a cooling rack to cool. Enjoy!