



PROTEIN BREAKFAST COOKIE RECIPE

Most cookies deliver sugar, these deliver protein, fiber and nutrients

1. WHY THESE ARE GREAT DURING MENOPAUSE:

- ✓ Protein supports muscle and bone health
- ✓ Fiber supports gut health, cholesterol, and blood sugar balance
- ✓ Chia and flax provide omega-3 fats and lignans
- ✓ Cinnamon may help support healthy blood sugar regulation
- ✓ Blueberries provide antioxidants that support brain and heart health

2. HIGHLIGHTS

- 25-30g protein
- fiber from chia, flax, and berries
- blood sugar friendly
- easy breakfast or snack
- whole-food ingredients
- portable

Makes 8 large cookies

Nutrition (per cookie)

- Protein: 8-10g
- Fiber: 4-5g
- Healthy fats from flax, chia, and nuts

INGREDIENTS:

- 2 large eggs
- 1 cup plain Greek yogurt
- 2 cups rolled oats
- ½ cup almond flour
- ¼ cup ground flaxseed
- 2 Tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking powder
- Pinch sea salt
- 1 cup fresh or frozen blueberries
- Optional: 2 Tbsp chopped walnuts or pecans

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, whisk eggs, Greek yogurt, and vanilla.
4. Stir in oats, almond flour, flaxseed, chia seeds, cinnamon, baking powder, and salt.
5. Fold in blueberries and nuts if using.
6. Let batter sit 5 minutes so the chia and flax absorb moisture.
7. Scoop into 8 large cookies and flatten slightly.
8. Bake 18-22 minutes until lightly golden.
9. Cool before serving.