



Fat-Burning Cookies

I had a friend make this recipe and say it was awesome. She saw it in a magazine and was skeptical but she said they turned out awesome. There are so many awesome ingredients in these to help keep you in the fat-burning zone. The protein in the cottage cheese breaks down slower so it will leave you feeling fuller longer keeping your cravings to a minimum. She didn't try them gluten-free though I'm sure if you subbed in almond or coconut flour it would give it a great taste as well! Makes 38 servings, 1 serving is two cookies. Now you don't have to feel guilty about eating two cookies!

Ingredients:

- 1 1/2 cups whole wheat flour
- 2 cups whey protein powder
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 1 1/2 cups small-curd cottage cheese
- 1/2 cup honey
- 1/4 cup canola oil
- 1 egg
- 2 tsp vanilla extract
- 1 cup rolled oats
- 1/2 cup semisweet chocolate chips
- 1/2 cup walnuts, chopped

Instructions:

- Preheat oven to 350 degrees.
- Combine the first 4 ingredients in a large bowl and mix with a fork.
- In a separate bowl, combine the next 5 ingredients and whisk together with a fork or an electric mixer.
- Add wet ingredients to the dry and combine thoroughly with a fork. Mix in the oats, chocolate chips and walnuts.
- Drop by the teaspoon onto an oiled or parchment paper-lined baking tray. Bake 12 minutes until the cookies are slightly brown on top.

Enjoy!