

Oatmeal Breakfast Cookie

Serves 12

Ingredients

COOKIE

- 2 **Ripe Bananas** (mashed)
- ½ cup **Nut Butter** (any kind)
- 2 tsp **Cinnamon**
- 1 tbsp **Chia Seeds**
- 4 tbsp **Maple Syrup**
- ½ cup **Pumpkin Seeds**
- ⅔ cup **Organic Raisins**
- 2 cups **Oats** (sprouted gluten-free rolled best)
- Sprinkle of **Sea Salt**

LAVENDER ROSE LATTE

- 1 cup **brewed Lavender Rose Tea**
 - (several Rose Petals & 1 tsp Lavender flowers)
- 8 oz **ground Organic Coffee Beans**
- 12 oz **Plant-Based Milk**

Instructions

COOKIE

1. Preheat the oven to 375F
2. In a bowl, combine **mashed banana, nut butter, cinnamon, chia seeds, raisins and oats** and stir until well-combined.
3. Optional: place bowl in the fridge for 10 minutes to firm up.
4. Scoop the mixture onto a baking sheet to form **cookies**.
5. Bake the **cookies** for 12 minutes or until golden brown.

LAVENDER ROSE LATTE

1. Add several **rose petals** and **lavender flowers** into a tea canister. Pour 1 cup of boiling water over. Let steep for 4 - 5 minutes.
2. Prepare **espresso/coffee** via preferred method into the desired mug.
3. Froth the **milk**.
4. Add a 2 second pour of **lavender rose tea** to the mug with the **espresso** and pour your frothed **milk** to the top.

SERVE & ENJOY! ☀️

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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