

Dr. Lisa's Breakfast Cookies

A Travel-Friendly, Hormone-Supportive, Heart-Healthy Snack

Nutritional Highlights

These wholesome cookies are rich in **protein, fiber,** and **anti-inflammatory spices**—perfect for:

- Blood sugar balance (diabetes, insulin resistance)
 - Supporting **hormones** and metabolism
 - Lowering **cholesterol and blood pressure**
 - Sustained energy without sugar crashes
- Ideal as a grab-and-go breakfast, snack, or afternoon boost.

Equipment Needed

- Large mixing bowl
- Scissors
- Hand grater
- Cookie sheet + parchment paper
- Plastic gloves

Yield

Makes approximately **45 cookies**

Base Ingredients

(Organic ingredients preferred)

- 4 cups **hempseeds**
- 1 cup **chia seeds**
- 1 cup **psyllium husks**
- 1 cup **protein powder** (prefers *Designs for Health Pure Paleo Protein vanilla or unflavoured*)

- ¼ cup **ground cinnamon**
- 1 cup **sunflower seeds**
- 1 cup **pumpkin seeds**
1 cup **dried fruit** (blueberries, cranberries, raisins, apricots, prunes, or dates)
- 2 **mashed bananas**
- 3 cups **water** (adjust as needed)

Flavor Variations

Banana Chocolate

- Add 2 extra mashed bananas
- Add ¾ cup **cocoa powder**

Apple Spice

- Add 2 **grated apples**
- 1 tsp **grated nutmeg**
- 1 tsp **grated cloves**

Optional Sweetener

- ½ tsp **stevia powder** OR
- 2 dropperfuls **stevia liquid**

Instructions

1 Prepare Ingredients

- Cut dried fruit into very small pieces (small fruit like raisins can be left whole).
- Grate apples (if using the Apple Spice variation) and set aside.

2 Mix Dry Ingredients

- In a large bowl, combine all dry ingredients, including dried fruit.

3 Combine Wet Ingredients

- Add water and either mashed bananas (for Banana Chocolate) or grated apples (for Apple Spice).
- If adding sweetener, mix it in at this stage.

4 Form Cookies

- Wear plastic gloves and mix the dough thoroughly until it sticks together well. If necessary, add a teaspoon of water at a time until the right consistency is reached.
- Shape the dough into 'hockey puck' shapes (about 1 inch high and 3 inches in diameter).
- Place cookies on a parchment-lined cookie sheet, ensuring they are close together but not pressed down (they will not expand).

5 Bake

- Preheat oven to **350°F (175°C)**
- Bake for **30 minutes**
- Cool completely before storing

6 Storage & Serving

- Keep a few cookies out for the next few days and store the rest in a ziplock bag in the freezer.
- When ready to eat, remove from the freezer and lightly toast before serving.