

# Yoga In The Form Of A Cookie



## Ingredients

1/2 cup organic sunflower seed butter  
1/4 cup organic coconut oil  
1/4 pure organic maple syrup  
1 tsp vanilla extract  
1 organic egg

1 cup flour (I mixed half all-purpose flour & half buckwheat flour)  
1/4 cup protein powder  
1/2 tsp baking soda  
1/2 tsp sea salt  
1/2 cup pure dark chocolate chips

## Instructions

- Mix wet ingredients together--best when everything is at room temperature (coconut oil cannot be solid).
- Sift dry ingredients together and then add the chocolate chips.
- Combine the dry ingredients into the wet ingredients (it is extremely sticky at this point).
- Form the sticky mess into 16 balls and place these in the freezer for one hour (or overnight)--no, this step cannot be skipped.
- Put frozen balls on parchment paper and directly into the oven. Bake at 350 degrees for 12-15 mins.
- Let cool 10 mins before eating (and freeze some for future snacking).

Makes 16 cookies.

Grounding for the mind, balancing for the body, and uplifting for the spirit. The whole process from making these cookies to eating them is a beautiful ritual.

Sunflower seeds are healing, anti-inflammatory, and full of incredible vitamins and minerals (like zinc, folate, fiber, fat, magnesium, antioxidants, and protein). The butter and milk from these seeds always leave me feeling positive, light, and calm. I call these yoga in the form of a cookie because sometimes I don't have it in me to get myself on a mat--but I still want to feel zen.

Buon appetito!

*You've Got Lauren*