



*Gluten and Egg Free*

## CHOC HEMP COOKIES

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### Ingredients

- 1 x cup ground gluten free steel cut oats or almonds
- 1 x cup organic hulled hemp seeds
- 1 x cup grated dark choc or choc / carob chips
- 1 x cup brown rice flour
- 1/2 tspn bicarb soda
- 1/2 tspn baking powder(aluminium free)
- Pinch Himilayan salt
- 1/4 x cup + 2 tblspn of melted coconut oil or organic butter
- 1/2 cup maple syrup
- 1/2 tspn vanilla essence

### Method

- Preheat oven to 175 degrees, line 2 baking trays with bake paper
- Grind / blend the oats or almonds to a powder
- Mix ground oats in a bowl with choc, hemp seeds, flour, bicarb soda, baking powder and salt
- In a seperate small bowl mix oil or butter with maple syrup and vanilla
- Mix the wet ingredients thoroughly into the dry.
- Roll into small balls place on baking tray and push into biscuit shape with fingers
- Bake for 10mins - 15mins (depends on your oven)
- These will be a little crumbly but delicious.
- Makes 18

*Love & Stellar Healing*  
*Cindy*