



## Health Breakdown

GLUTENFREE  
VEGAN  
SOYFREE  
DAIRYFREE

### TARGETS

HEART  
MEN'S HORMONES  
WOMEN'S HORMONES  
SEROTONIN



## CHOCOLATE CHIP COCONUT COOKIES

Servings: 12 cookies Time: 15 minutes Tip: You'll need to keep an eye on these cookies, as exact baking time will vary depending on your oven

These cookies are high in vitamin E - a key nutrient for men's sexual health, along with that they contain chocolate; these cookie are a true aphrodisiac. The saturated fatty acids in coconut oil are predominately medium-chain fatty acids. MCFA have shown to speed up metabolism in addition to being anti-viral, anti-fungal, anti-bacterial and also shown to be of heart protective value. Raw cacao has one of the highest antioxidant scores of any food; helping to prevent DNA damage and thereby shown to have anti-aging effect.

Reference: Pharm Biol. 2010 Feb;48(2): 151-7. Anti-inflammatory activities of virgin coconut oil. Intahphuak S et al.

### *What's in it?*

- 2 cups/ 300g almond meal
- 1 cup/ 150g coconut meal
- 4 tbsp. virgin coconut oil
- 1/2 cup/125 ml maple syrup
- 1 egg OR 1 mashed banana
- 1/4 tsp. sea salt
- 1/2 tsp. baking powder
- 2 tbsp. cacao nibs
- 3 tbsp. dark chocolate chips

### *What to do?*

- Add ingredients to food-processor (except cacao nibs) and process until well-blended, lowest speed 2 minutes.
  - Manually mix in cacao nibs.
  - Spoon dollops onto greased baking paper.
  - Bake til edges are golden, approx. 15-20 min. at 375°F/ 190°C
  - Let cool thoroughly before lifting off baking sheet as to firm up (fragile while warm)

