

A close-up photograph of several cookies. The cookies are thick and textured, with visible chunks of peanut butter and chia seeds. The background is blurred, focusing attention on the foreground cookies.

# Chia & Peanut Butter Cookies

WAYS  WELL

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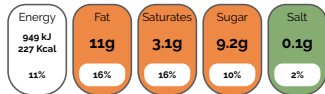
# Chia & Peanut Butter Cookies

Vegetarian and High Fibre | Contains gluten (wheat), peanuts and milk

MAKES 10 COOKIES

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Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)  
Typical values per 100g: Energy 1104kJ/264Kcal

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## INGREDIENTS:

200g oats (or use gluten-free oats if required)	100g crunchy peanut butter
50g chia seeds	75g dark chocolate, chopped or use dark chocolate drops
2 ripe bananas, mashed	
120g low-fat natural yogurt	

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## METHOD:

1. Preheat the oven to 170C.
2. Mix the bananas with the peanut butter then add the rest of the ingredients, mix well and shape into 10 cookies.
3. Place on a baking parchment lined baking sheet and bake for 12 minutes.
4. Store in an airtight container.