



**Nicole Osinga**

**High Fibre Flax Cookies**

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### Fruits

- ☐ 1 Apple
- ☐ 12 Banana
- ☐ 1/2 cup Blueberries
- ☐ 3 Kiwi

### Breakfast

- ☐ 1/3 cup Almond Butter
- ☐ 3 tbsps Strawberry Chia Jam

### Seeds, Nuts & Spices

- ☐ 1 1/8 tbsps Cinnamon
- ☐ 3 cups Ground Flax Seed
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1/4 cup Walnuts

### Baking

- ☐ 1 tbsp Dark Chocolate Chips
- ☐ 1/4 cup Dried Unsweetened Cranberries
- ☐ 6 cups Oats
- ☐ 2 tbsps Unsweetened Coconut Flakes
- ☐ 1 tbsp Vanilla Extract

### Cold

- ☐ 1/3 cup Plain Greek Yogurt



## Chocolate Walnut Flaxseed Cookies

6 servings

30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1 tbsp Dark Chocolate Chips  
1/4 cup Walnuts (chopped)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 198  |
| Fat                | 10g  |
| Carbs              | 24g  |
| Fiber              | 5g   |
| Sugar              | 6g   |
| Protein            | 6g   |
| Cholesterol        | 0mg  |
| Sodium             | 2mg  |
| Vitamin A          | 26IU |
| Vitamin C          | 3mg  |
| Calcium            | 39mg |
| Iron               | 1mg  |

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with chopped walnuts and chocolate chips. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



## Kiwi Coconut Flaxseed Cookies

6 servings

30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
3 Kiwi (sliced)  
2 tbsps Unsweetened Coconut Flakes

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 183  |
| Fat                | 7g   |
| Carbs              | 27g  |
| Fiber              | 6g   |
| Sugar              | 8g   |
| Protein            | 5g   |
| Cholesterol        | 0mg  |
| Sodium             | 3mg  |
| Vitamin A          | 56IU |
| Vitamin C          | 35mg |
| Calcium            | 46mg |
| Iron               | 1mg  |

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with sliced kiwi and coconut flakes. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



## Cranberry Pumpkin Flaxseed Cookies

6 servings

30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/4 cup Pumpkin Seeds  
1/4 cup Dried Unsweetened Cranberries

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 196  |
| Fat                | 8g   |
| Carbs              | 26g  |
| Fiber              | 5g   |
| Sugar              | 8g   |
| Protein            | 6g   |
| Cholesterol        | 0mg  |
| Sodium             | 2mg  |
| Vitamin A          | 27IU |
| Vitamin C          | 4mg  |
| Calcium            | 36mg |
| Iron               | 2mg  |

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with dried cranberries and pumpkin seeds. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



## Blueberry Yogurt Flaxseed Cookies

6 servings

30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
1/2 cup Blueberries  
1/3 cup Plain Greek Yogurt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 168   |
| Fat                | 6g    |
| Carbs              | 24g   |
| Fiber              | 5g    |
| Sugar              | 7g    |
| Protein            | 6g    |
| Cholesterol        | 2mg   |
| Sodium             | 9mg   |
| Vitamin A          | 102IU |
| Vitamin C          | 5mg   |
| Calcium            | 62mg  |
| Iron               | 1mg   |

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with blueberries and drizzle with yogurt. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



## Apple Cinnamon Flaxseed Cookies

6 servings

30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1 tsp Cinnamon  
1 Apple (diced)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 167  |
| Fat                | 6g   |
| Carbs              | 26g  |
| Fiber              | 6g   |
| Sugar              | 8g   |
| Protein            | 5g   |
| Cholesterol        | 0mg  |
| Sodium             | 2mg  |
| Vitamin A          | 43IU |
| Vitamin C          | 5mg  |
| Calcium            | 38mg |
| Iron               | 1mg  |

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and half of the cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with diced apples and the other half of the cinnamon. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



## Chia Jam Flaxseed Cookies

6 servings

30 minutes

### Ingredients

2 Banana (ripe)  
1 cup Oats  
1/2 cup Ground Flax Seed  
1 tbsp Almond Butter  
1/2 tsp Vanilla Extract  
1/2 tsp Cinnamon  
3 tbsps Strawberry Chia Jam (diced)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 167  |
| Fat                | 6g   |
| Carbs              | 25g  |
| Fiber              | 6g   |
| Sugar              | 7g   |
| Protein            | 5g   |
| Cholesterol        | 0mg  |
| Sodium             | 2mg  |
| Vitamin A          | 28IU |
| Vitamin C          | 14mg |
| Calcium            | 46mg |
| Iron               | 1mg  |

### Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and half of the cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Press your thumb in the middle of the cookies and add 1-2 tsp of chia jam. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!