

Fat Boy cookies:

5 cups old fashioned oats

3/4 cup trader joes hemp protein (vanilla)

3/4 cup MetRx whey protein (vanilla)

1 jar almond butter (creamy/roasted/salted)

1 cup dried cranberries

1/4 cup almonds

1/4 cup cashews

1/3 cup honey

2/3 cup coconut oil (or a 50/50 mix of coconut and udo's or flax seed oil)

(i have a friend who keeps bees so i use 1/3 cup of bee pollen and less oats)

process the oats, pecans, and cashews in a blender or food processor.

mix everything in a bowl (hands will work best)

this will take a few minutes. the final consistency should be like wet clay, not sticking to the sides and no dry spots, but not too oily either. add more processed oats if its too wet, or more oil if its too dry.

cover in saran wrap and let sit for a few hours/overnight.

portion and keep refrigerated. i use a 1/3 cup ice cream scoop i bought from a restaurant supply store. it depends on the oil content, but 1/3 cup will usually be around 400 calories -(136 calories from carbohydrates, 225 cal from fat, 76 calories from protein)