



BETH WARREN

NUTRITION

INGREDIENTS

1 1/2 cups chopped walnuts *

2 Tbsp date syrup

a sprinkle of chocolate chips

2 egg whites

1/4 tsp cinnamon

1/8 tsp salt

1 tsp vanilla

* You can pulse the chopped walnuts for a more ground texture, and not too ground if less crunchy option is desired.

INSTRUCTIONS

In a medium glass bowl, mix together chopped walnuts, date syrup, and chocolate chips. In a separate bowl, whisk the egg whites really well until fluffy and add into rest of mixture. Then sprinkle in the cinnamon, salt, and a teaspoon of vanilla. Mix that all together.

Take a cookie scooper and place on lined tray. Remember, these do not have flour so piecy consistency is normal. Bake at 350 for 10-15 minutes.