





AIR FRYER BREAKFAST COOKIES

 2 cookies  15 minutes

INGREDIENTS

100g banana
70g oats
1/2 scoop protein powder
1 tsp cinnamon
15g dark chocolate chips

DIRECTIONS

1. In a bowl, mash your banana then mix in your oats, cinnamon, and protein powder.
2. Place some baking paper into your air fryer then spoon your oat mixture onto the sheet to create two evenly sized cookies.
3. Top with some chocolate chips and air fry at 160C for 8 minutes then enjoy!

486 kcal and 22g protein