



Ingredients: 200 g of cottage cheese 50 g fine oat flakes 50g chia seeds 2 organic eggs 2 apples

1. Remove the core of the apples and then grate finely. I leave the peels on, but that's okay

Everyone can hold it as they want.

2. Then knead all the ingredients into a dough.

- 3. Wait at least 2 hours for the chia seeds is properly swollen.
- 4. Use a teaspoon to scoop out small piles Place on a baking tray lined with baking paper.

Bake at 180°C for about 20 minutes.

Important: The cookies must be stored in an airy place so that they don't get moldy.

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