

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Coconut and lime cookies

Suggestions: these are very easy to make cookies that are good all year round; they are rich in vitamins, proteins and minerals such as vitamin K, C, E and the B group, copper, manganese, phosphorus, potassium, iron, calcium, magnesium, sodium, selenium and zinc.

### Instructions



coconut milk



lime



Mix in a bowl some oat flakes with some desiccated coconut, coconut milk, lime juice and some finely chopped lime zest.



When it is all well mixed add some agave syrup to your taste. Cover the bowl and put it in the fridge overnight.



When you are ready to bake the cookies put in an oven dish some of the mixture in small dollops so to form some nice flat little round cookies and pour on them a bit of honey; place the cookies in the oven at medium heat and leave them until they are cooked.



If you like this recipe, I would like to read your comments!

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