

Sticky Toffee Cookies



Ingredients:

- (1) LynFit Toffee Lean Bar, cut into bite-sized pieces
- Microwaveable-safe plate

Cookies that comfort, satisfy cravings, and boost metabolism! Every time you indulge with these delicious cookies your metabolism raises 25 percent and you fill up on 10 grams of prebiotic fiber. You'll be hooked on these delicious warm, sticky toffee cookies. And the best part is that they're so good for you that you can have them for a warm, satisfying boosting breakfast, leaner lunch, or anytime treat. Take these to your next holiday party to enjoy the seasonal flavors and avoid the high-calorie temptations. This recipe supports the Metabolic Boosting, Lose 1 Pound Per Day/Leaner Lifestyle diet plans.

Directions:

- Place the cut-up Lean Bar pieces onto a microwaveable-safe plate
- Microwave for 10-15 seconds (more, or less, depending on your microwave)

Mangia!

- 155 calories (low-calorie)
- High fiber
- Low-carb
- Low-fat