

Trail Mix Cookies



Ingredients:

- 1 cup sun butter
- 1 cup shredded coconut flakes
- 1/2 cup chocolate chips
- 1/3 cup maple syrup
- 1/2 cup oatmeal
- 1 cup raisins
- 1/4 cup pumpkin seeds
- 2 tbsp of ground flaxseed
- 6 tbsp of water
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp sea salt

Instructions:

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper (note: you may end up needing a second baking sheet).

2. Mix the ground flaxseed with the water in a small bowl and put in the refrigerator for 15 minutes.
3. In a large bowl, add all of the remaining ingredients and mix until everything is well combined.
4. After the 15 minutes is over, stir the flax and water mixture and then add it to the remaining ingredients in your bowl and mix to combine.
5. Scoop out the dough into generous tablespoon-sized portions, leaving a little room between each cookie. Use your hands to shape the dough and slightly flatten the dough (but not too much).
6. Bake for approx 12 minutes, until cookies are set. Allow to cool for at least 10 minutes before enjoying.

Note: sometimes sunflower butter turns green when baked- if this happens don't worry! It's natural and nothing to be worried about!

Nutrition Facts

Servings 20.0

Amount Per Serving

calories 207

% Daily Value *

Total Fat 12 g 19 %

Saturated Fat 4 g 21 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 104 mg 4 %

Potassium 40 mg 1 %

Total Carbohydrate 20 g 7 %

Dietary Fiber 3 g 13 %

Sugars 11 g

Protein 6 g 11 %

Vitamin A 0 %

Vitamin C 0 %

Calcium 7 %

Iron 8 %

Recipe adapted from:

<https://gatherednutrition.com/healthy-trail-mix-cookies-gluten-free-dairy-free-nut-free/#tasty-recipes-8057-jump-target>