

BREAKFAST COOKIES

- 2 ½ cups rolled oats, divided
 - 1/3 cup brown sugar (or coconut sugar)
 - 2 Tbsp flax seeds
 - 1 Tbsp hemp hearts
 - ¼ cup raw pumpkin seeds
 - ¾ tsp ground cinnamon
 - ½ tsp baking powder
 - ¼ tsp baking soda
 - ¼ tsp salt
 - ¼ cup coconut oil, melted (or grapeseed/canola oil)
 - ¼ cup vanilla yogurt (or coconut milk yogurt)
 - 2 Tbsp vanilla extract
 - 1 cup dried cranberries, raisins (or combination of both)
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- Preheat oven to 350 °F. Grease or line muffin cups (or use silicone muffin cups, no greasing needed).
 - Place 1 cup rolled oats, sugar, flax seeds, and pumpkin seeds in food processor/Ninja blender and “grind” into a flour-like powder. Pour into mixing bowl.
 - Stir in cinnamon, baking powder, baking soda, and salt, until combined.
 - Add oil, yogurt, maple syrup, and vanilla and stir until well blended.
 - Add remaining rolled oats, and dried cranberries. Mix until blended. Mixture will be thick and fairly chunky.
 - Put 2 Tbsp of mixture in each muffin cup. (About half full. These don’t rise very much.)
 - Bake muffins for 18-20 minutes. **20 minutes is perfect in my oven.
 - Let muffins cool in cups for about 15 minutes before placing on rack to cool.
 - Allow to cool completely before storing in container. Yields 18 “cookies”.
 - **This recipe doubles nicely!

