



Superfood Cookies

Equipment

- Baking tray
- Measuring cups and spoons
- Fork
- Baking paper
- Large mixing bowl
- Small mixing bowl
- Wooden spoon

******* Note -You can make oat flour by grinding whole oats in a food processor or coffee grinder.**
-Nuts, seeds or alternative dry fruits can be substituted in equal amounts.

Ingredients

- 1 cup old fashioned rolled oats
- ½ cup oat/whole meal flour
- ½ cup dried cranberries
- ½ cup pepita seeds
- 2 tablespoon chia seeds
- 1 teaspoon cinnamon
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 large mashed banana
- 3 tablespoons melted coconut oil or butter
- 3 tablespoons coconut nectar/Agave syrup or honey
- 2 tablespoons almond or coconut milk

What to do

1. Preheat oven to 180 degrees. Combine dry ingredients in a large mixing bowl – oats, flour, cranberries, pepitas, chia seeds, cinnamon, baking powder and salt.
2. Stir in mashed banana, coconut oil, nectar and milk until well blended.
3. Measure out evenly into approximately 12 pieces and place on lined baking tray. The cookies do not spread much while baking so gently press the dough with hand to slightly flatten.
4. Bake for 15-18 minutes or until lightly golden around the edges.
5. Cookies can be stored in an airtight container for 2-3 days.

Bottom Drawer

Did you know? Wholemeal four can be replaced with oat flour to make these cookies gluten free.