**Cookie monsters – from Well Nourished**

100g butter,   
85-100g honey  
1 teaspoon bicarbonate of soda   
30g cacao powder   
70g ground mixed seeds (1 tbs linseed, 1 tbs chia seeds, 60g sunflower seeds ground)   
100g rolled oats  
60g wholemeal spelt flour   
Panna dark chocolate (optional)

Preheat the oven to 180ºC/350ºF. In a pot, melt the butter and honey stirring until combined. Add the bicarbonate of soda and mix well. Add the remaining ingredients and mix until combined. Roll approx. a tablespoon of mixture into balls and flatten slightly. Bake for approx. 10-15 minutes (10 minutes for a softer cookie, 15 minutes for crisper)   
 Allow to cool completely before storing (they harden as they cool).

