

Trail Mix Chocolate Oatmeal Energy Cookies from Urban Sacred Garden



Ever thought to yourself, *It would be so awesome right now to be eating a homemade cookie on this hike instead of trail mix and power bars?* Well, if not, I've just planted the seed. These energy-loaded cookies are perfect for any activity, place or time. Hikes, bike rides, runs, walks, adventurous picnics, anytime is a good time for these delicious, power-loaded bites. These cookies are filling and good for you (as far as cookies go). Nuts, cranberries, whole wheat flour and alternative, energy boosting sweeteners help maintain energy and neutralize the blood sugar spike. Bake up a batch, head outdoors for some exercise and enjoy! Yield: About 30 Cookies

INGREDIENTS

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| 1 Stick (1/2 Cup) Butter, slightly melted | 1/4 Cup Granulated Sugar |
| 1/4 Cup Brown Rice Syrup | 1/4 Cup Dark Brown Sugar |
| 3 Tbsp Local Honey | 1/4 Cup Walnuts, coarsely chopped |
| 2 Eggs | 1/4 Cup Pumpkin Seeds |
| 1 Tsp Real Vanilla Extract | 1/4 Cup Dried Cranberries |
| 1 3/4 Cup White Whole Wheat Flour | 1/2 Cup Milk Chocolate Chips |
| 1 Tsp Baking Powder | 1/2 Cup (about 2 Oz) Bittersweet Chocolate, chips or medium coarse chopped |
| 1/4 Tsp Finely Ground Sea Salt | |
| 1 1/2 Cup Rolled Oats | |

DIRECTIONS

1. Preheat oven to 350 degrees. Line one or two baking sheets with parchment paper or a silicon baking mat.
2. In a large bowl with a whisk mix together the wet ingredients of Butter, Brown Rice Syrup, Honey, Eggs and Vanilla until thoroughly combined. There will still be little lumps of Butter and that is okay.
3. In a separate medium bowl whisk together the dry ingredients of Whole Wheat Flour, Baking Powder, Sea Salt, Oats, Sugars, Walnuts, Pumpkin Seeds, Cranberries and Chocolates.
4. Add the dry mixture into the wet mixture and combine with a wooden spoon until just mixed. You can bring the dough together with your hands a little if needed. Do not over-mix the dough, but ensure all ingredients are thoroughly combined and incorporated.
5. Scoop dough out in about 1/8 cup (half a 1/4 cup) measurements and press into dough into rough balls (mostly being sure that all ingredients are sticking together) and place balls about 1 inch apart on prepared cookie sheet(s). Dough shouldn't spread too much since it is pretty thick.
6. Place cookies in pre-heated oven one sheet at a time and bake for about 15 minutes until the cookies are lightly browned around the edges. These cookies are nice and soft, but be careful not to overcook them. Remove from oven and allow to cool on cookie sheet for about 5 minutes. Remove to a wire rack to cool completely.
7. Continue to bake cookies in batches until all the dough is gone. Enjoy!