

Healthy Trail Mix Cookies

The recipe is from RISE & RUN by Shalane Flanagan and Elyse Kopecky.

Ingredients:

1 ½ cups rolled oats

1 cup oat flour

½ cup almond flour or almond meal

½ cup coarsely chopped walnuts, pecans, or peanuts

1/3 cup chocolate chips

1/3 cup unsweetened dried tart cherries, cranberries, or raisins

1/3 cup unsweetened shredded coconut

¼ cup ground flax

1 teaspoon ground cinnamon

1 teaspoon fine sea salt

½ teaspoon baking soda

½ cup (1 stick) unsalted butter, slightly melted

1/3 cup coconut sugar (or cane sugar)

1 egg; whisked

1/3 cup honey

1 t teaspoon vanilla extract

NOTE: If your butter is salted, reduce the salt in the recipe to 3/4 teaspoon.

Instructions:

1. In a large bowl, combine the oats, oat flour, almond flour, walnuts, chocolate chips, dried fruit, coconut, flax, cinnamon, salt, and baking soda.
2. In a separate bowl, whisk the melted butter and sugar until combined. Add the egg, honey, and vanilla and whisk until well blended. Add the wet ingredients to the dry ingredients and mix until combined. Cover and chill the dough in the fridge for 1 hour (or in the freezer for 30 minutes).
3. Position a rack in the center of the oven. Preheat the oven to 350 F. Line a baking sheet with parchment paper.
4. Use your hands to roll the dough into golf-ball size balls (applying pressure to ensure all the mix-ins hold together) and set them on the prepared baking sheet, spacing them 1 inch apart. Use your palm to flatten them slightly.
5. Bake for 14 to 16 minutes, until golden brown on the edges. Use a spatula to transfer the cookies to a cooling rack to cool.