

# vegan trail mix cookies

Vegan, dairy-free, gluten-free

Recipe by Jentry Lee Hull

Category: Breakfast

Yields 24 cookies

Total time 30 minutes

## Ingredients

- 2 Tbsp ground flaxseed meal (or chia seed meal) + 6 Tbsp water
- 2 cups rolled oats (certified gluten-free, if preferred)
- ½ cup almond flour
- ¼ cup hemp hearts
- ¼ cup pumpkin seeds
- ½ cup dried cranberries, raisins, golden berries, goji berries, and/or chopped dates
- 1 tsp baking powder
- ½ tsp baking soda
- ¾ tsp fine sea salt
- ¾ cup smooth, creamy unsalted nut/seed/peanut butter (runny)
- ⅓ cup pure maple syrup
- ½ tsp pure vanilla extract
- ¼ cup 72% dark chocolate chips (dairy free)

## Method

- Preheat oven to 350 F
- Line 2 baking sheets with silicone mats/unbleached parchment paper
- Make flax egg (2 Tbsp flax meal + 6 Tbsp water). Let sit for 5 min.

- In a mixing bowl, combine oats, almond flour, hemp hearts, pumpkin seeds, dried fruit, baking powder and soda, salt, nut butter, maple syrup, vanilla extract, and flax egg. Mix until well combined, then fold in chocolate chips.
- Spoon mixture onto lined baking sheets, spacing cookies a couple inches apart
- Bake at 350F for 15-20 min or until edges are slightly browned
- Let sit for a couple of minutes before serving.
- Keep leftovers in an airtight container at room temp for up to 5 days or store in the freezer for up to 3 months.

## Nutrition Facts

Servings 24.0

Amount Per Serving

**calories** 119

**% Daily Value \***

**Total Fat** 7 g **11 %**

Saturated Fat 1 g **5 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 107 mg **4 %**

**Potassium** 26 mg **1 %**

**Total Carbohydrate** 10 g **3 %**

**Dietary Fiber** 2 g **7 %**

**Sugars** 6 g

**Protein** 5 g **9 %**

Vitamin A **0 %**

Vitamin C **1 %**

Calcium **13 %**

Iron **5 %**

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.