

Seed N' Spice Cookies

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup ground almonds
- 1 banana
- 5 medjool dates, seeds removed
- 1 tbsp cinnamon
- 1 tsp cardamom
- 1/2 tsp nutmeg
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds

Instructions:

1. Preheat oven to 350 degrees. Place all ingredients into a food processor and blend until combined.
2. Grease cookie sheet or cover with parchment paper.
3. Form batter into 1 inch balls and press with a fork on to cookie sheet. Bake for 10-11 minutes or until golden brown.
4. Makes 10-12 cookies.