

Good Day Breakfast Cookies

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup buckwheat flour
- 3/4 cup almond flour (or grind whole almonds in food processor)
- 1/4 cup chia seeds*
- 1/4 cup goji berries or dried cranberries (soak in boiling water for 10 minutes to plump them up, discard water)
- 1/2 cup shredded coconut
- 2 tbsp ground cinnamon
- 1 cup rolled oats
- 1/2 cup sunflower seeds
- 2 eggs, whisked (egg-free option see below)*
- 3/4 cup melted coconut oil
- 1/4 - 1/3 dark cup maple syrup
- 2 tbsp (30 mL) blackstrap molasses
- 1 tsp (5 mL) pure vanilla extract
- 1/2 cup dark chocolate chips (optional, but highly recommended)

Instructions:

1. Preheat oven to 350F (180C). Grease a baking sheet with coconut oil or line with parchment paper.
2. Combine all the dry ingredients in a large bowl. Combine all the wet ingredients in a large bowl. Pour the wet into the dry and stir until well combined but do not over stir.
3. Place by large spoonfuls onto the baking sheet and bake for 12-14 minutes.
4. Recipe Tip: If you have trouble digesting oats or you are looking for a change, you can make this with 1 cup (250 mL) of quinoa flakes instead of oats.

Notes:

Makes 18-24 *Egg-free option : To the 1/4 cup chia seeds measurement, add 1/2 cup water. In a small bowl, combine chia seeds and water. Let sit for a few minutes to become gelatinous. If it's too thick, add a few more tablespoons of water. Add this mixture to the large bowl with wet mixture. These chia seeds are NOT in addition to what the recipe calls for above.