

Power Cookies

Source: Jessica Hinkson, From Yoga to High Heels

Preheat oven to 350 Degrees

1 cup Bob's Red Mill Gluten Free Flour
1 tsp Baking Powder (Aluminum Free)
 $\frac{3}{4}$ tbsp Cinnamon
 $\frac{1}{8}$ tsp Powdered Ginger
1 cup Organic Shredded Coconut, unsweetened
1 cup Raisins
1 cup Walnuts, chopped
1 cup Pecans, chopped
1 cup Organic Chocolate Chips * Carob Chips can be an alternative *
 $\frac{1}{2}$ cup Sunflower Seeds, unsalted
 $\frac{1}{2}$ cup Sesame Seeds
 $\frac{1}{2}$ cup Wheat Germ
1 cup Steel Cut Oats
1 cup Butter * If you are allergic to dairy try Earth Balance, Organic Coconut Flavor Spread *
 $\frac{1}{2}$ cup Almond Butter
1 tsp All-Natural Vanilla Flavor
 $1\frac{1}{4}$ cups Coconut Sugar or Cane Sugar
2 Large Organic Brown Eggs
 $\frac{1}{4}$ cup Almond Milk * If you use another variety of milk, please use that *

Method

Put on an apron. You might even want to use goggles. Things can sometimes be explosive in the kitchen. It's best to be prepared. Put on some music and get ready to have some serious fun!

Combine the flour, baking powder, cinnamon and ginger in a large mixing bowl. Add raisins, shredded coconut, and chocolate chips; toss until coated. Place the walnuts, pecans, sunflower seeds, sesame seeds, wheat germ, and oats in a food processor and grind them down to a powder. Add the nut mixture to the flour mixture.

In a mixer, cream the butter (coconut spread) and almond butter. Add the sugar, vanilla extract, and beat well. Add the eggs; blend in the milk. Pour over the flour mixture. From here use your hands to really mix the batter together. Goopy hands are fun...don't deny it!

Line your cookie sheets with foil. Take about 1 tbsp of the batter and roll it in your hand in to a small ball. Place it on the sheet. After the sheet is full, take a fork and lightly press down on the cookie ball so that it flattens in to a small circle. Bake for 20 minutes. If you aren't sure that the cookies are ready take a toothpick and lightly press it in to the cookie. If the toothpick comes out clean then they are ready! When you take them out of the oven, let the cookies rest for about 10 minutes. Indulge and enjoy!