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Wellness Ideas for Everyday Living.

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Oatmeal Raisin Cookies

Makes 20 small cookies

Ingredients:

1/2 cup	Oats (Large Flakes)
2 tbsp	Ground Flaxseed
1/2 cup	Boiling water
1/2 tsp	Vanilla Extract
1/4 cup	Coconut Oil
1/4 cup	Maple Syrup
1/2 cup	Sorghum Flour
1/2 tsp	Baking Soda
pinch	Salt
1/4 cup	Raisins
2 tbsp	Cacao Nibs

Directions:

1. Preheat oven to 350F. Line baking sheet with parchment paper.
2. In a small bowl, mix oats and ground flaxseed together. Add boiling water and vanilla extract. Mix and let sit for 10 minutes.
3. In a large bowl mix coconut oil and maple syrup together. Add sorghum flour, baking soda and salt. Fold into oil mixture. Add oat mixture, raisins and cacao nibs and mix.
4. Scoop about 1 tablespoon of dough onto prepared sheet. Place about 1/2 inch apart. Flatten with back of fork. Cook for about 15 minutes.
5. Remove from oven and transfer to cooling rack. Enjoy!