

Oatmeal Chocolate Chip Cookies

A simple, quick recipe (about 20 minutes start to finish) that is sure to have your family begging for more. They're soft, chewy, and sweetened with honey instead of sugar. These super nutritious cookies make a great snack, tasty desert, or even a delicious breakfast treat. Cookies for breakfast? *Yes, please!*

Ingredients:

- ½ cup honey
- ¼ cup butter, melted
- 1 large egg
- 1 tsp vanilla extract
- 1 cup instant rolled oats
- ½ cup whole wheat flour, sifted
- 1 tsp baking powder
- 1 tsp ceylon cinnamon
- ¼ tsp salt
- ⅓ cup cacao nibs
- ¼ cup dried fruit such as raisins, cherries or blueberries (optional)

Instructions:

1. Preheat the oven to 350F. Line a baking sheet with parchment paper and set aside.
2. Whisk together honey, butter, egg and vanilla in a large bowl.
3. Whisk together rolled oats, flour, baking powder, cinnamon and salt in a medium bowl.
4. Stir the dry mixture into the wet mixture.
5. Add cacao and fruit. Stir gently until well combined.
6. Drop cookie dough on the baking sheet using a small cookie scoop or spoon and flatten to about ¾" if needed.
7. Place on the center rack and bake for 10-12 minutes.
8. Remove from the oven and allow cookies to cool on the pan for 5-10 minutes. While cooling, top off with a light dusting of cinnamon.
9. Enjoy!

Tips:

- ❖ Use organic, non-gmo and grass fed and finished ingredients to help minimize toxins!
- ❖ Try melting butter in a pan over low heat on the stove instead of in the microwave. It does take a little longer (about 2-3 minutes) but the butter doesn't get as hot, the flavor is better and it doesn't scald the other ingredients.
- ❖ I love my einkorn whole wheat flour. It is a more dense grain, so sifting the flour helps make the cookies light and fluffy. I run mine through the sifter twice before measuring. No sifter? Use a whisk or a fork instead!
- ❖ Ceylon cinnamon is a little sweeter and contains much lower levels of coumarin than cassia cinnamon (the most common type). It is also less dense and a finer powder which makes it great for baking, but it does have a milder cinnamon flavor, so I heap the measuring spoon for a little extra spice!
- ❖ Be sure to adjust the baking time for different sizes of cookies. Smaller cookies will bake faster, closer to 10 minutes. Larger cookies sometimes need up to 15 minutes to fully bake.
- ❖ Store leftovers in an airtight container. They will last about 4-5 days on the counter, a couple of weeks in the fridge (and these are delicious cold!), or up to 6 months in the freezer.