



4.26.17

Tropical Oatmeal Snack Cookies

gluten-free, vegan // yields about 24 cookies

- 2 tablespoons + 1 teaspoon ground flax meal + 1/4 cup warm water
- 3/4 cup natural almond butter, *if oily, stir thoroughly*
- 1/2 cup pure maple syrup
- 5 tablespoons melted unrefined coconut oil
- 2 teaspoons pure vanilla extract
- 2 cup gluten-free rolled oats
- 3/4 cup unsweetened shredded coconut
- 3/4 cup gluten-free oat flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt, *use 1/2 teaspoon if you don't add flaked on top*
- 3/4 cup 1/4-inch diced dried pineapple
- 1/4 cup raw sliced almonds
- 1/4 cup chopped raw cashews
- flaked sea salt, *to top [optional]*

Preheat your oven to 350° F. Line 2 large baking sheets with parchment paper.

In a large mixing bowl whisk together the flax and water. Let sit for 5 minutes to gel. Add in the almond butter, maple syrup, melted coconut oil, and vanilla. Whisk until fully combined.

Add in all of the dry ingredients except the dried pineapple and nuts. Stir with a large spoon until you no longer see dry flour. The dough will be thick but not at all dry. Stir in the chocolate chips.

Scoop about 1 1/2-2 tablespoons of the dough and form into a ball between your hands [no need to be perfectly smooth]. *The dough will be a bit sticky but should be able to form into balls.* Place on a baking sheet with about 2 inches between each cookie. Flatten to about 1/4 inch thickness using your hand or with a flat bottomed glass and a small piece of parchment paper between the glass and cookie. Top with flaked sea salt and bake for 10-14 minutes.

Let rest on the baking sheet for 15 minutes then transfer to a cooling rack to fully cool. Texture will firm as they cool.

notes: These cookies are subtly sweet. If you'd like a sweeter cookie, add 2-3 tablespoons of coconut sugar, muscovado, or brown sugar to the dry ingredients. It's easiest to stack the dried pineapple and slice in one direction and then the other. Separate pineapple layers before mixing in. You should be able to sub dried mango instead of pineapple if desired. I used dried pineapple with no added sweetener.