

Crunchy Oat Nut Cookies

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 12 servings | Serving Size: 1 cookie

Ingredients

½ cup peanut butter

14 cup maple syrup

¼ teaspoon baking soda

¼ teaspoon salt

34 cup old fashioned (rolled) oats

⅓ cup chopped nuts (one type or a combination; e.g. pecans, walnuts, almonds)

⅓ cup dried fruit (one type or a combination;e.g. raisins, dried cherries, dried cranberries)

1 tablespoon chia seeds (optional)

Directions

- Preheat the oven to 350°F.
- 2. Line a baking sheet with parchment paper. Set aside.
- 3. In a medium bowl, stir together the peanut butter and maple syrup.
- 4. Add the baking soda and salt. Stir to combine.
- 5. Add the oats, nuts, dried fruit, and chia seeds (if using). Stir to combine.
- 6. Using a tablespoon and filling it until it is heaping over, spoon the dough onto the prepared baking sheet.
- 7. Bake for 13 minutes.
- 8. Let cool slightly, about 5-10 minutes, before serving.

Recipe Notes

- If you don't have parchment paper, you can coat the baking sheet with nonstick cooking spray.
- Another nut butter or a seed butter can be substituted for the peanut butter.
- You can substitute ¼ cup chocolate chips for the dried fruit.
- Honey can be substituted for the maple syrup if desired.

Nutrition Facts Per Serving: Calories: 155 | Total Fat: 8 g | Saturated Fat: 1 g Sodium: 100 mg | Total Carbohydrate: 17 g | Dietary Fiber: 2.5 g | Protein: 5 g

