

Hockey Puck Cookies

2 ¼ cup Quick cooking oats

2 cups Spelt Flour

1 cup Sunflower Seeds

1 cup Pumpkin seeds

½ cup unsweetened shredded coconut

¼ cup flax seeds

1 cup granulated cane sugar

1 Tbsp cinnamon

2 tsp sea salt

1 ¾ cup dark chocolate chips

1 ¼ cup dried cranberries

¼ cup water

¼ cup blackstrap molasses

¾ cup canola oil

1 cup soy milk or other milk

Preheat oven to 350 deg F. In large bowl, combine dry ingredients and mix. In separate bowl mix wet ingredients. Add together and mix until combined.

Portion into 1/3 cup cookies and place on pan. Gently flatten. Bake for 24min or until lightly browned. Makes 24 cookies.