Superfood Breakfast Cookies

1 Cup Old Fashioned Rolled Oats (Use Certified Gluten-Free Oats, If Needed)
1/2 Cup Oat Flour (Can Make Your Own by Finely Grinding Whole Oats in a Food Processor or Coffee Grinder)
1/2 Cup Dried Cranberries, Raisins, or Other Dried Fruit (Can Substitute Equal Amount of Nuts, Seeds, or Dry Fruit)
1/2 Cup Unsalted Pumpkin Seeds (Pepitas) or Other Seed/Nut
1/4 Cup Ground Flaxseed
1 Tablespoon Chia Seeds
1 Teaspoon Cinnamon
1/2 Teaspoon Baking Powder
1/4 Teaspoon Salt
1 Large Mashed Banana or 1/2 Cup Unsweetened Applesauce
3 Tablespoons melted coconut oil or butter
3 Tablespoons Coconut Nectar/Syrup, Honey, or Other Liquid Sweetener
2 Tablespoons Almond Milk or Other Milk of Choice

1. Preheat oven to 325°F.

2. Combine dry ingredients in a large mixing bowl—oats, oat flour, dried cranberries, pumpkin seeds, ground flaxseed, chia seeds, cinnamon, baking powder, and salt.

3. Stir in mashed banana, coconut oil, coconut nectar, and almond milk until well blended.

4. Let mixture rest for 4-5 minutes, giving time for chia and flax to bind everything together. If your dough has gotten too thick, stir in an additional 1-2 tablespoons milk before scooping out onto your baking sheet.

5. Measure dough out by the scant 1/4 cupful and place on a baking sheet lined with parchment paper (or lightly greased). These cookies do not spread much while baking, so gently press the dough with the palm of your hand to flatten a bit.

6. Bake for 15-18 minutes, or until cookies are lightly golden around edges.

7. Store leftovers in an airtight container for 2-3 days. Makes 8-9 cookies.
Lemon Scented Hummus

Ingredients:

1 15oz Can of Chickpeas (Also called Garbanzo Beans) Drained & Rinsed
½ Medium Sized Lemon, Zested (Separate the Lemon Zest in Half)
2 Medium Sized Lemons, Juiced
½ Cup Tahini (Also known as Sesame Seed Paste)
2 Garlic Cloves, Chopped
2 Tablespoon Extra Virgin Olive Oil
½ Teaspoon Salt
Garnish with Freshly Chopped Parsley

Directions:

1. Place all ingredients in a food processor and process for 60 seconds, stopping to scrape the sides halfway through.

2. Taste the hummus and adjust to taste. If your hummus looks too thick turn on the food processor and add small amounts of water slowly until you reach the desired consistency.

3. Using a spatula, scrape the hummus into a shallow bowl.

4. Drizzle a small amount of olive oil on the top of the hummus and garnish with the remaining half of the lemon zest and chopped parsley.

5. Enjoy with your favorite vegetables or snack!