



## Trail Mix Oat Snack Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



12

CALORIES



93 kcal

DESSERT

## Ingredients

- ☐ 0.5 Teaspoon double-acting baking powder
- ☐ 0.3 cup flaxmeal (or 3 Tablespoons flax seeds ground in your spice grinder – 28 grams)
- ☐ 0.3 cup maple syrup
- ☐ 1 cup oats gluten-free quick (for , be sure to use certified oats)
- ☐ 2 Tablespoons oil plain melted (I used coconut oil, but grapeseed or old vegetable oil will work, too)
- ☐ 2 Tablespoons tapioca flour
- ☐ 0.5 Teaspoon vanilla extract
- ☐ 0.5 cup trail mix (I used Enjoy Life No Nuts!)

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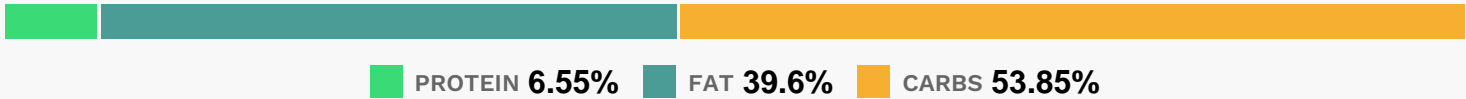
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat your oven to 350°F, and line a baking sheet with a silicone baking mat or parchment paper. In a medium bowl, combine the oil, honey or maple, vanilla, flaxmeal, starch, and baking powder. Once smooth, stir in the oats and trail mix. Shape the dough into rounds the size of ping pong balls – I get 12 of them – (if the dough is too sticky, moisten your hands just a touch to prevent sticking), and flatten them onto your baking sheet. They only spread a touch, so for the most part, what you see is what you get.
- ☐ Bake the cookies for 11 to 13 minutes. They will still be a bit glossy on top, but will start to brown around the edges.

## Nutrition Facts



## Properties

Glycemic Index:18.79, Glycemic Load:4.84, Inflammation Score:-2, Nutrition Score:4.0526087063%

## Nutrients (% of daily need)

Calories: 92.95kcal (4.65%), Fat: 4.21g (6.47%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.28g (4.1%), Sugar: 5.53g (6.15%), Cholesterol: 0mg (0%), Sodium: 19.74mg (0.86%), Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Protein: 1.57g (3.13%), Manganese: 0.58mg (29.18%), Magnesium: 33.91mg (8.48%), Vitamin B2: 0.13mg (7.5%), Vitamin B1: 0.1mg (6.65%), Fiber: 1.59g (6.36%), Phosphorus: 57.25mg (5.73%), Selenium: 3.19µg (4.55%), Vitamin K: 4.54µg (4.32%), Copper: 0.07mg (3.39%), Calcium: 31.66mg (3.17%), Iron: 0.56mg (3.11%), Zinc: 0.43mg (2.87%), Potassium: 73.32mg (2.09%), Vitamin E: 0.24mg (1.62%), Folate: 5.21µg (1.3%), Vitamin B6: 0.02mg (1.17%)