

This fibre packed cookie will fill you up and satisfy your craving for a little sweetness.

Cosmic Cookies

2 1/4 cups Fieldstone Organics Oats, freshly flaked	2 ¼ tsp sea salt
3 cups Fieldstone Organics Spelt or Buckwheat, freshly ground flour (half of each works well)	1 ¾ cup chocolate chips
1 cup raw sunflower seeds	1 ¼ cup raisins or currants
¾ cup + 2 Tbsp pumpkin seeds	¼ cup water
½ cup unsweetened shredded coconut	¼ cup blackstrap molasses
¼ cup Fieldstone Organics flax, freshly ground	¾ cup oil
1 cup granulated cane sugar	1 cup milk – your choice
1 Tbsp ground cinnamon	1 tsp vanilla

Preheat oven to 350 degrees. Line baking trays with parchment paper.

In large bowl combine all dry ingredients except sugar. In a separate bowl blend sugar and oil together, add remaining wet ingredients. Add wet ingredients to dry ingredients and mix until blended. If dough seems too wet add additional flour.

Portion cookie dough on cookie sheet and flatten before baking. Bake for 20 – 25 minutes. Makes 24 cookies. Adapted from Planet Organic Market Cookbook by Diane Shaskin.



Figure 1 Cosmic Cookies