

Healthy Trail Mix Cookies

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Prep time: 15 mins

Cook time: 10 mins

Total time: 25 mins

Serves: 60

Ingredients

- $\frac{3}{4}$ cup melted coconut oil (can substitute butter if preferred)
- 1 cup honey
- 2 eggs
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons vanilla
- 1 teaspoon baking powder
- 3 cups whole wheat flour
- 1 cup rolled oats
- 1 cup sunflower seeds
- 1 $\frac{1}{2}$ cups nuts, chopped (I like almonds, pecans, or walnuts)
- 2 cups raisins, dried cranberries, or other similar dried fruit (I also like dried blueberries)

Instructions

1. Preheat oven to 375 degrees F.
2. In a large mixing bowl, use an electric mixer to cream together oil and honey. Add eggs, salt, and vanilla.
3. Slowly add baking powder, flour, and oats. Mix until just combined.
4. Stir in seeds, nuts, and dried fruit.
5. Drop by tablespoonsful onto a cookie sheet. Bake 10 minutes, or until just golden brown. Cool on wire rack and then store in airtight containers. Enjoy!

Notes from Ellen Schilling: I used butter and did not use any nuts.