



Trail Cookies

- 1½ cups spelt flour and ½ cup teff flour (or get creative with other flour combinations)
- 2 cups old fashioned rolled oats, barley flakes, rye flakes or quinoa flakes
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- 1 cup chocolate chips or chopped dark chocolate (optional)
- ½ cup raisins
- ½ cup chopped pecans or walnuts
- ¾ teaspoon ground cinnamon
- ½ cup sunflower oil or softened coconut oil
- 1 cup sucanat (a natural sugar)
- ½ cup room temperature unsweetened applesauce
- 2 teaspoons vanilla

Preheat oven to 350°. Mix the dry ingredients together. In a separate bowl, mix the oil and sucanat; thoroughly combine. Add applesauce and vanilla to the oil and sugar. Mix again. Add dry ingredients to the wet, and mix until the flour is absorbed. Drop one tablespoon at a time on a parchment-lined baking sheet. Bake 13 minutes until golden brown. Cool well before storing.

Other additions

- ½ cup unsweetened coconut flakes, sunflower seeds or chia seeds