



WORLD PEACE COOKIE

I crumble this cookie and use it as the base for my dairy-free, gluten-free pumpkin cheesecake.

Yield: 30 servings

INGREDIENTS

- 1 cup + 2 tablespoons gluten-free rolled oats
- 1 cup gluten-free all-purpose flour
- ½ cup coconut sugar
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- ¼ cup unsweetened shredded coconut
- 2 tablespoons ground flax seed
- ½ tablespoon ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- ¼ teaspoon xanthan gum
- 6 tablespoons melted coconut oil
- ¼ cup coconut milk
- 2 tablespoons blackstrap molasses
- 2 tablespoons coconut nectar
- 1/3 cup dark chocolate chips (optional)
- 1/3 cup raisins

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a large bowl, combine the oats, flour, sugar, sunflower seeds, pumpkin seeds, shredded coconut, ground flax seed, cinnamon, baking soda, sea salt and xanthan gum.
3. In a medium bowl, combine the oil, coconut milk, molasses and coconut nectar.
4. Add the molasses mixture to the dry ingredients and stir. Fold in the chocolate chips and raisins and stir until well combined.
5. Form the dough into 30 balls and place about 1 inch apart on prepared baking sheets. Press each ball with the palm of your hand or a spatula to flatten slightly.
6. Bake for 12-14 minutes, or until the edges are golden and the cookies are golden brown. Allow to cool slightly on wire racks.

Nutrition Facts	
30 servings per recipe	
Serving size 1 cookie(111g)	
Amount Per Serving	
Calories	
110	
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	15%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1g	4%
Sugars 6g	
Includes 0g added sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 15mg	0%
Iron 1mg	4%
Potassium 130mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

References:

1. Childs, Kelly and Erinn Weatherbie (2016). *Made with Love*. Canada: Appetite by Random House