Crunchy Oat Nut Cookies

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 12 servings | Serving Size: 1 cookie

Ingredients

½ cup peanut butter

¼ cup maple syrup

¼ teaspoon baking soda

¼ teaspoon salt

¾ cup old fashioned (rolled) oats

⅓ cup chopped nuts (one type or a combination; e.g. pecans, walnuts, almonds)

⅓ cup dried fruit (one type or a combination; e.g. raisins, dried cherries, dried cranberries)

1 tablespoon chia seeds (optional)

Directions

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper. Set aside.
3. In a medium bowl, stir together the peanut butter and maple syrup.
4. Add the baking soda and salt. Stir to combine.
5. Add the oats, nuts, dried fruit, and chia seeds (if using). Stir to combine.
6. Using a tablespoon and filling it until it is heaping over, spoon the dough onto the prepared baking sheet.
7. Bake for 13 minutes.
8. Let cool slightly, about 5-10 minutes, before serving.

Recipe Notes

- If you don't have parchment paper, you can coat the baking sheet with nonstick cooking spray.
- Another nut butter or a seed butter can be substituted for the peanut butter.
- You can substitute ¼ cup chocolate chips for the dried fruit.
- Honey can be substituted for the maple syrup if desired.

Nutrition Facts Per Serving: Calories: 155 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 100 mg | Total Carbohydrate: 17 g | Dietary Fiber: 2.5 g | Protein: 5 g

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