

Leila's Power Cookies

2 cups oatmeal

1/4 cup hulled hemp

2 cups flour (gluten free if possible – rice, soy, amaranth)

1/4 cup flax meal

2 cups coconut, seeds, nuts (mixture of your choosing)

1 1/2 cups chocolate chips (or carob)

1 1/4 cups dried fruit

1 Tbsp of cinnamon

2 tsp sea salt

1/2 cup organic cane sugar

1 cup almond, soy, or rice milk

1/4 cup molasses

1/4 cup water

1/3 cup applesauce

2/3 cup oil (canola)

Just “mix until mixed” and spread into a 9 x 13 pan. Bake at 350 degrees for 25 minutes.