



MOTHER'S GIFT COOKIES

*Delicious and healthy for the whole family.
Recommended 'mom dose' is 4 cookies a day!*

INGREDIENTS

- 2 Tbl flaxseed meal
- 4 Tbl water
- 1 Stick + 3 Tbl unsalted butter
- ½ cup sugar
- 1 ½ cup brown sugar
- 1 large egg + 1 egg yolk
- 1 tsp. vanilla
- (vegan – 6 tbl applesauce – no eggs)
- 2 cups flour
- 1 tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 2 Tbl Brewers Yeast
- 3 cups whole oats (not quick)
- 1 cup walnuts (optional)
- 1 cup chocolate chips

PROCEDURE

01

Mix flaxseed meal with water, set aside 3-5 minutes.

02

Brown butter; mix with sugars.

03

Add applesauce or eggs and vanilla.

04

Stir in flaxseed mix. Beat 30 seconds.

05

Sift flour, baking soda, salt, cinnamon and yeast together. Add to butter mixture.

06

Stir in oats then chocolate chips and walnuts. Drop on parchment paper lined baking sheet.

07

Bake at 375 degrees for 8 – 12 minutes.