



Coconut Cashew Oatmeal Cookies

Yield: 13 servings

Ingredients

- 1 cup whole wheat flour
- 1 cup rolled oats
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon kosher salt
- ⅓ cup extra virgin olive oil
- ⅓ cup maple syrup
- 4 ounces crushed pineapple
- 1 tablespoon ground flaxseed
- 1 teaspoon vanilla extract
- ¼ cup chopped cashews
- ¼ cup unsweetened coconut flakes

Instructions

1. Heat oven to 350 degrees and line a large baking sheet with parchment paper.
2. In a small bowl, stir together the flour, oats, baking soda, baking powder and salt.
3. In a separate medium bowl, whisk together oil, maple, pineapple, flaxseed and vanilla.
4. Add the dry ingredients into the wet ingredients. To avoid over mixing, fold in the dry ingredients until just combined.
5. Fold in cashews and coconut.
6. Scoop 2 tablespoons of dough onto baking sheet to create one cookie. Gently press down to slightly flatten.
7. Bake for 7 minutes.
8. Let the cookies cool for 5 minutes.

Nutrition Information

Serving Size: 1 cookie
Calories: 164
Total Fat: 8.6 g
Saturated Fat: 2 g
Monounsaturated Fat: 4.8 g
Polyunsaturated Fat: 1 g
Sodium: 101 mg
Total Carbohydrate: 20 g
Dietary Fiber: 2.3 g
Sugars: 6.5 g
Protein: 3 g

Source: Spectrum Health



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