



The Hiking Cookie

6 servings 45 minutes

Ingredients

3/4 cup Oats (quick or rolled)

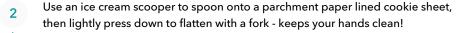
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)
- 1/2 cup Vanilla Protein Powder (optional)

Nutrition

Amount per serving	
Calories	348
Fat	15g
Saturated	4g
Carbs	46g
Fiber	7g
Sugar	28g
Protein	15g
Cholesterol	32mg
Sodium	257mg

Directions

Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds, chopped dates, grated carrot, and protein powder together in a bowl. Mix well to combine. In a blender or magic bullet/ninja, blend up the egg, pumpkin, honey and coconut oil. Then add the wet ingredients to the dry and mix well.



Bake for 30 to 40 minutes in a preheated 350 degree overdepending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Rebalance Electrolytes: As you sweat and lose fluids during your hike, electrolytes can also be lost, but your extreme-hiking cookie has you covered! A number of ingredients (sea salt, honey, oats, cinnamon, pumpkin & sunflower seeds) all contain good amounts of the electrolyte minerals magnesium, phosphorus, sodium, and calcium.

Lasting Energy: Complex carbohydrate rich oats & healthy fats (seeds) provide a long lasting energy source. Pumpkin seeds are also high in iron and zinc; both of which foster oxygen-carrying proteins & enzymes involved in energy production.

Protein for Muscle Repair: Dates contain 23 types of amino acids (the chemical breakdown of protein), and with the additional protein powder, you've got a powerhouse of protein to support repair of the muscle fibres you're sure to be breaking down during an extreme hike.

Anti-oxidants Repair: Because exercise increases oxygen consumption, intense or long-term exercise produces a constant "oxidative stress" on the muscles and other cells. Therefore, including extra anti-oxidant rich foods in the diet before, during and after a big hike is a good idea! Your key anti-oxidant cookie ingredients include the pumpkin, carrots, honey, dates and cinnamon.