



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

- 1 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.
- 2 Use an ice cream scooper to spoon onto a parchment paper lined cookie sheet, then lightly press down to flatten with a fork - keeps your hands clean!
- 3 Bake for 30 to 40 minutes in a preheated 350 degree oven depending 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.