**Oatmeal Jam Cookies**

**10-14 servings
10 min. prep time**

**10-12 min. cook time**

 • 1 cup ground gluten free oats

 • ½ cup medjool dates

 • ¼ cup whole gluten free oats

 • ½ cup filtered water

 • ½ cup local mixed berry jam or homemade chia jam

 • ½ tsp baking soda

 • ½ tsp baking powder

 • ¼ cup psyllium husk

 • 3 T ground chia seeds

 • 3 T ground flax seeds

 • 1 T coconut oil

 • ¼ tsp cinnamon

 • ¼ tsp Himalayan pink salt

 • ¼ tsp vanilla bean or vanilla extract

**optional additions:**

 • ½ cup sprouted nuts (optional)

 • ⅓ cup local honey, stevia or maple syrup

 • ¼ cup nut butter

 • Preheat the oven to 350 degrees F.

 • Grind oats into flour using high speed blend, grain mill or food processor. Set aside ¼ cup of whole oats.

 • In a large Pyrex bowl mix the dry ingredients together until combined except set aside the dates and sprouted nuts for later.

 • Grind chia and flax seeds. Add water and allow to sit for 5 minutes.

 • Melt the coconut oil. In a separate large Pyrex bowl mix the melted coconut oil, vanilla bean or extract chia and flax egg mixture until well combined.

 • Next, combine the wet and dry mixtures together slowly adding the flour as you mix in with the wet ingredients.

 • Chop dates and sprouted nuts. Fold into dough. Add any optional additions at this time.

 • Form roughly 1-2 tbsp worth of dough balls. Press lightly using the palm of your hand or the back of a spoon to flatten out the cookie.

 • Bake the cookies for 10-12 minutes. Remove and allow to cool down.

 • Once cooled add local jam or a homemade chia jam. Enjoy!

*Tips:*

 • Add local honey, stevia or maple syrup in substitute of dates or as additional sweetener if desired.

 • Use nut butter as a garnish. Make sure to apply before the jam. Refer to chia jam recipes for jam inspiration!