**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!