



Yoga Cookies

An incredibly nutritious and motivational to yoga students!

1 cup whole wheat flour
3/4 cup of brown sugar or honey
2 cups of oats
1/2 cup of ground flaxseed
1 cup dried fruit (cranberries, raisins, etc... whatever you prefer)
1 cup nuts (almonds, walnuts, etc... again, to your preference)
1/2 cup sunflower seeds
1 cup shredded coconut (optional)
2 cups dark chocolate (optional)
2 tsp each cinnamon and ground ginger
1/2 tsp nutmeg
1/2 tsp baking powder
1/2 tsp salt
3/4 cup oil
(preferably sunflower oil, but any good quality vegetable oil will do)
1 cup (approximately) soymilk
(water, milk, coconut milk, or juice also work well)

Mix dry ingredients.

Add oil to dry ingredients

(if using honey combine it with the oil first).

Mix well then add enough soymilk (or other liquid)
to make batter firm and moist.

Allow batter to rest for about 10 minutes.

Form 3-4 inch rounds on an oiled cookie sheet.

Bake at 400 degrees for about 13 - 15 minutes.

Enjoy!

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